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R U L E S

FOR THE
P R E S E R V A T I O N

O F
H E A L T H.

BEING THE
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By J. FORTHERGELL.

THE SIXTH EDITION.

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4. The *Present* New Method of *Inoculation*, the *Small-Pox*, and also in the natural way.

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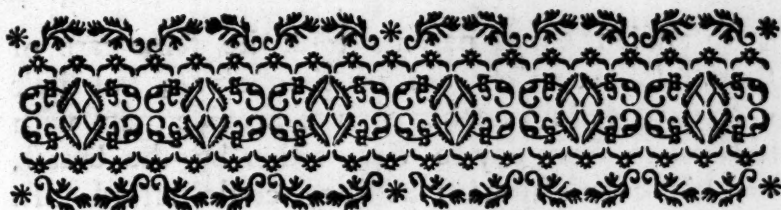
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RULES



R U L E S

FOR THE

PRESERVATION

OF

H E A L T H, &c.

S E C T. I.

Of the different periods of human life, viz.
 INFANCY, YOUTH, MANHOOD, and
 OLD AGE.

CONCERNING what may be said for
 the preservation of health, it is necessa-
 ry, in order to form a clear judgment,
 to distinguish four periods of human
 life, to each of which a peculiar care is due.

B

O F

OF INFANCY.

In ancient times parents took the same care of their infants as they did of themselves; but their care extended no farther than to provide them with sustenance from day to day, either by the breast, or such coarse aliment as they could afford. In modern times this care has been brought to perfection; and the following rules have been drawn from experience.

Infants should, if possible, be fed with their mother's milk, because it is more natural to them than that of a stranger.

Whenever they are uneasy, diligent search should always be made to find out the cause, lest by violent agitations, or great agonies, they should be thrown into fits, which may produce a fever. This ought to be particularly attended to.

Some physicians think that infants ought to be fed with milk only, until they have cut their fore teeth; and then accustomed by degrees to bread and other light sorts of food, which are simple, and very easy of digestion.

The child should be washed every morning with water made luke-warm, and then well rubbed and dried; observing always that its stomach is empty, after a long sleep; for it does hurt to wash and rub a child upon a full stomach.

Infants have many times been found to receive great benefit from the cold bath; which, by strengthening the solids, and promoting a free perspiration, gives liveliness, warmth, and vigour; all of which are highly conducive to prevent rickets, broken bellies, scrophulous disorders, and coughs. A due consideration of these advantages, has established in many places and families the use of the cold bath.

The

The practice of dipping is generally deferred for some months after the child is born, or till the next summer, lest there should be too quick a transition from the warmth in which the *foetus* was formed, to the extreme coldness of the water; and, it must be observed, to guard against any possibility of danger to the infant from this daily and quick immersion of the whole body, whether the child becomes warm and lively immediately upon his being taken out of the water, or soon after he is rubbed dry and dressed; if he is, the water is of service to him, and he is of a strong constitution: but if, on the contrary, the child is pale and chilly, or benumbed with cold, his constitution is weak, and the use of the bath must be intermitted, till he is brisker; and if again the same symptoms appear, the use of the bath must be totally laid aside. Sir William Penn says, the American Indians wash their young infants in cold streams as soon as born, in all seasons of the year.

Great care should be taken of the nurse's diet, exercise and sleep, in order that her milk may be good; that is, perfectly sweet, white, and of a good flavour, untainted with any foreign taste or smell, between two and six months old, and of a thin, rather than a thick consistence: bad milk is somewhat bitter or salt, and its odour disagreeable. The nurse should not go near her husband while she suckles, and if she finds herself with child she should immediately desist. Infants should not taste wine, because it heats the body, and hurts the head.

The child's cloaths should not be too strait, nor too warm; and, when he is a few months old, he should have as much air and exercise as he can bear: a pure air is the best; not such as is permitted to stagnate in a close room, nor such as is loaded with the steams of standing waters, the filth of

great cities, with exhalations from dead animals, or rotten herbage.

When the first dawn of reason appears, then the greatest care must be immediately taken to form his mind to obedience and discipline, and habituate him to that modesty, temperance and virtue, which will afterwards contribute greatly to the preservation of his health. Parents humouring their children when little, corrupt the principles of their nature; and they often wonder afterwards to taste the bitter waters, though they themselves have poisoned the fountain: the child that is accustomed to have his will when in coats, will contend for it when in breeches. These little indulgencies to children, grow into settled habits, and have proved the ruin of many a man, with respect to both his health and his morals.

Before we quit this article, it may not be amiss to subjoin some observations on the proper nursing of children.

A child, when it comes into the world, is almost a round ball. It is the nurse's part to assist nature in bringing it to a proper shape. The child should be laid the first month upon a thin mattrafs, rather longer than the child, which the nurse will keep upon her lap that the child may always lie straight, and only sit up as the nurse flants the mattrafs. To set a child quite upright, before the end of the first month, hurts the eyes, by making the white part appear below the upper eyelid. Afterwards the nurse may begin to set it up and dance it by degrees. The child must be kept as dry as possible.

The cloathing should be very light, and not much longer than the child, that the legs may be got at with ease, in order to have them often rubbed in the day with a warm hand, or flannel; and, in particular, the inside of them.

Rubbing

Rubbing a child all over takes off the scurf, and makes the blood circulate. The breast should be rubbed with the hands, reverse ways, night and morning, at least.

The ankle-bones, and inside of the knees, should be rubbed twice a day; this will strengthen those parts, and make the child stretch its knees, and keep them flat; which is the foundation of an erect and graceful person.

A nurse ought to keep the child as little in her arms as possible, lest the legs should be cramped, and the toes turned inwards. Let her always keep the child's legs loose. The oftener its posture is changed the better.

The child should learn to walk upon a carpet, or blanket, at three months old: the nurse must hold the child by the hips, that the movement in walking may come from that part, and not drag it by the arms.

Tossing a child about, and exercising it in the open air, in fine weather, is of the greatest service. In cities, children are not to be kept in rooms, but to have as much air as possible.

Want of exercise, is the cause of large heads, weak and knotted joints, a contracted breast, which occasions coughs and stuffed lungs, an ill shapen person, and a waddling gait, besides a numerous train of other evils.

The child's flesh is to be kept perfectly clean, by constantly washing its limbs, and likewise its neck and ears, beginning with warm water, till by degrees, it will not only bear, but like, to be washed with cold.

Rising early in the morning is good for all children, provided they wake of themselves, which they generally do; but they are never to be waked

out of their sleep; and as soon as possible to be brought to regular sleeps in the day.

When laid in a bed, or cradle, their legs must always be laid straight.

By this method most children may be taught to walk alone, quite strong and upright, by the 9th or 10th month. At all times, till they are two or three years old, they must never be suffered to walk long enough at a time to be weary.

If the mother cannot suckle the child, get a wholesome, chearful woman, with young milk, who has been used to tend young children. After the first six months small broths, and innocent foods of any kind, may do as well as living wholly upon milk.

A principal thing to be always attended to, is to give young children constant exercise, and to keep them in a proper posture.

With regard to the child's dress, let it be a shirt, a petticoat of white flannel, two or three inches longer than the child's feet, with a dimity top (commonly called a bodice coat) to tie behind; over that a surcingle made of fine buckram, two inches broad, covered with sattin, or fine ticken, with a ribbon fastened to it, to tie on, which answers every purpose of stays, and has none of their inconveniences. Over this put a robe, or a slip and frock, or whatever is liked best, provided it be fastened behind, and not much longer than the child's feet, that their motions may be strictly observed.

After the first six months the child may wear shoes and stockings, provided the shoes are large enough, and very broad at the toes, that the feet may not be cramped.

Two caps are to be put on the head, till the child has got most of its teeth.

No

No leading-strings, of any kind, should be used, till the child can go quite alone, strong and upright.

The child's dress for the night may be a shirt, a blanket to tie on, and a thin gown to tie over the blanket.

OF YOUTH.

The diet of youth should be plentiful, but simple and easy of digestion; because food that cannot easily be digested, imperceptibly lays the foundation of the scurvy, stone, rheumatism, and other very bad distempers. Wine, or strong drink, should never, or very sparingly, be allowed to youth. They should be kept entirely from unripe fruit, and from too much of what is ripe. Their exercise should be moderate; for too little will bloat and stupify them, and too much will waste their strength. Too much sleep will make them stupid, and too little will make them thin and feverish. In all these things a medium is to be particularly observed.

As this is the proper time for inuring the mind to virtue, so that, above every other care and consideration, ought to be attended to. On the practice of virtue their future health depends, without which it will be impossible to deliver their constitutions, unbroken, to manhood and old age.

The life of the rake is short and miserable. It would shock the modest and compassionate, to hear of the dreadful agonies which profligate young persons suffer before they depart: or if some stop short before they have quite destroyed the springs of life, yet these springs are so crazy, that they only support a gloomy, dispirited, dying life, tedious to themselves, and troublesome to all about them; and, what is still more pitiable, often transmit

transmit their complaints to an innocent unhappy offspring.

If it should be asked, how shall giddy youth, who are hurried by their strong passions, be prevented from running into these excesses? the answer is, their passions must be restrained early by proper example and discipline. It is a task imposed upon their parents, whose first care should be, to train up their children at home in the way they should go; and so habituate them to it, that when they are old they may not depart from it.

OF MANHOOD.

The best security for health, in this period, is the temperance and good habit transmitted to it from youth and infancy; for a man, who has attained the perfect use of his reason, will not, unless he lays reflection quite aside, indulge any vicious appetites from which he was restrained in the former part of his life.

It is reasonable to expect that a man will attend to the constitution and temperament of himself, whether he is inclined to the choleric, melancholic, phlegmatic, or sanguine, and regulate his way of living accordingly; that is, he will avoid what he finds by experience is prejudicial to his health, and persist in the use of such things as he finds by the same experience to agree with him.

OLD AGE.

A good state of health, at this period, is an invaluable blessing. Old people must carefully avoid what they have found, by experience, in the former part of their lives, hurtful to them; for age is not a season to struggle with new evils. They must also shun every excess that has a tendency to impair
their

their remaining strength. Men in the vigour of life, may, sometimes, escape the bad effect of excesses; but old age will soon be demolished by them: excessive venery enervates them extremely: other excesses, which are no less detrimental, and which weaken a good constitution, are, too much care and anxiety about wealth*; an over-affiduous application

* Nothing sooner impairs the health, and brings on weaknesses, than an anxious care about riches, which old age cannot enjoy.—What is the wealth of a miser, which he had been getting and hoarding for the enjoyments of old age? for when that period arrives, which he had fixed for the enjoyment of his treasures, he finds the season is past that enabled him to be happy. Life, health, and enjoyment, are things at all times so uncertain, that we should prudently make use of them while they are in our power, and not repine at their deserting us, when desertion is to be expected: for to imagine that in old age we are to enjoy pleasure, is judging from perverseness and ignorance. The dignity of our nature requires our parting with every thing with a good grace. But this is not the case of those, who in their old age are providing for enjoyments in their longevity. The miser, with the full cup of expectation in his hand, which he had with-held from his lips till deprived of the capacity of tasting, finds all his torments increased, by thinking that others will have from him the means of enjoying what he had denied to himself. Hence proceed mortification and disgust, grief, misery and despair; the certain parents of some disorder, which rarely fails cutting the thread of life. Avarice is a passion, which old people should carefully avoid; they should not leave enjoyment to be begun, when life is fast getting to an end; but endeavour to enable others to say of them, what the poet said of his friend:

Calmly

application to study and an habitual fretfulness. Men in years would do well, if they can afford it, to chuse a place for their residence, which has a pure and healthy air. At all times and in all places they should adjust their diet to their exercise; to retrench a little in their solid food, and add proportionably to their drink; to rise from their meals before they are fully satisfied, and in case of any excess one day, to retrench it the next. As sleep wonderfully nourishes them, they should study every means that can contribute to make their night's rest sweet, sound and quiet. Be assiduous likewise in keeping their bodies clean and neat; well clothed, especially the stomach, legs and feet; and the evacuations contrived to be regular, either by nature or by art. They should endeavour as much as possible at keeping their minds contented and chearful, and render their behaviour and conversation agreeable to, and courted by young people, and to be frequently in their company; which will continually enliven them, and banish the morose and heavy spirits, which are apt to hang about old age. A frequent remembrance of the entertainments of youth cheers and enlivens them to a great degree.

Dr. Welsted recommends the following rules to be carefully observed by old people.

i. To be cautious how they change an old custom suddenly, though the change should at first sight appear commodious; for their strength is not, like that of youth, able to struggle with, or break

Calmly he look'd on either life, and here
 Saw nothing to regret, or there to fear;
 From nature's temp'rate feast rose satisfy'd,
 'I hank'd heav'n that he had liv'd, and that he dy'd.
through

through a habit, which the practice of many years has rendered familiar.

2. To avoid such things, as they found by experience to have been detrimental to their health in the former part of their lives; for how should they bear now, when they are feeble, what in their full strength they could not support?

3. Let their food and drink be such, as will give no disturbance either to their stomach or head; and in case they have exceeded by accident, let the excess be immediately discharged.

4. Let their appetite be kept as good, and their secretions as regular, as possible.

5. Let their minds be easy and chearful. But this charming serenity is obtained by those only, whose age, after a life spent in doing good, affords a retrospect of complacency and a prospect of happiness.

Galen calls old age a middle state between health and sickness, which is commonly cold and dry, and which should be relieved with a little wine, and such food as is moist and warm. Rubbing with a flesh brush is good for old people, as it increases the motion of the blood, excites a gentle heat, and thereby helps to distribute an equal nourishment to all parts of the body; and after rubbing, it is proper to take a little exercise; but not much, for that will make them meagre; whereas moderate exercise keeps up their flesh. They should only use such exercises as they have been accustomed to, and such as are agreeable and entertaining to them.

They should avoid all sorts of food which produce thick and glewy juices, as unfermented bread, cheese, pork, beef, eels and oysters, and every thing that is hard to digest. Their bread in particular should be mixed with a due proportion of salt and yeast or leaven, should be well kneaded and thoroughly

thoroughly baked; otherwise it will occasion obstructions in the liver, spleen and kidneys.

In case an old man continues two days costive, he should on the third take some very gentle thing to open his body, such as he knows by experience to answer that purpose.

A milk diet is very good, and many benefits arise from it; but an old man's experience must determine whether it will agree with him. Where it does agree, it keeps the body gently open, produces sweet juices and good flesh. But care should be taken that the milk comes from a good pasture, full of mild and wholesome herbs; the animal which gives it, quite healthy and in the flower of her age. Asses milk and goats milk are very good to drink alternately; because goat's milk is the most nourishing, and asses milk being thinner is easiest of digestion.

Old people should only drink such wine as is strong and diuretic; because by its being strong it will diffuse a proper heat over their cold limbs, and by being diuretic will carry off any superfluous serosities, which by remaining in the body greatly injure the health.

Here it may not be amiss to add a few words with respect to longevity.

Longevity may either proceed from nature or art, but chiefly from a conjunction of both.

The natural marks, by which we discern that a man is made for long life, are principally as follow.

1. To be descended, at least by one side, from long-lived parents.
2. To be of a calm, contented, chearful disposition.
3. To have a just symmetry or proper conformation of parts; a full chest, well formed joints and limbs,

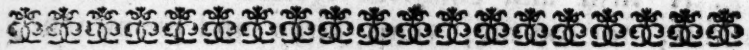
limbs, with a neck and head large rather than small in proportion to the size of the body.

4. A firm and compact system of vessels and stamina, not too fat; veins large and prominent; a voice somewhat deep, and a skin not too white and smooth.

5. To be a long and sound sleeper.

The great assistance, which art affords towards attaining long life, arises from the benefit of good air and good water; from a frugal and simple diet; from the wise government of our appetites and passions; and, in a word, from a prudent choice and proper use of all the instruments of life and rules of health, which are given, particularly, in the following section.





S E C T. II.

Of the six instruments of life; or rules of health proper to be observed with respect to AIR, ALIMENT, EXERCISE and REST, SLEEP and WAKEFULNESS, REPLETION and EVACUATION, the PASSIONS and AFFECTIONS of the MIND, &c.

O F A I R.

WHENEVER a distemper is found to prevail universally, and seize persons of all ages and conditions, notwithstanding the difference of their diet or manner of living, it is evident such a distemper must arise from the air, which they all breathe in common; and it would be needless in such a case to alter the method of life that has always agreed with them; for there is no other remedy but removing from the foul air, to another which is untainted.

We ought to attend to the qualities of the air, whether it be hot or cold, &c. and in order to obtain an useful knowledge of the healing, to observe the seasons of the year.

Hippocrates says, the north wind blowing long, renders the body compact, strong, nimble, and of a good colour; for it purges the air from gross vapours, makes it pure and bright, and therefore is of all winds, generally speaking, the most healthful. But to tender constitutions it gives coughs,
fore

fore throats, pains in the breast, costiveness, chillness and strangury.

The south wind, on the contrary, moistens the brain too much, weakens and relaxes the body, and occasions defluxions.

A very dry season is, upon the whole, more healthful than a very wet one.

In winter, to resist the cold, the aliment should be dry and warming. In spring, when the weather grows mild, the diet should be accommodated to the season, and somewhat cooler and lighter. In summer, if the season is hot and dry, the food should be cooling and the drink diluting; but after the autumnal equinox the aliment should be again of a warming nature, and the cloaths made thicker by degrees as winter approaches.

Of all the seasons autumn is the most unhealthy, because the perspirable fluid is both obstructed and apt to grow putrid; but it cannot hurt him whom the coldness of that season shall find well cloathed, and who uses a proper diet.— We should not go abroad in this season in too light cloaths or too thin shoes.

The spring, generally speaking, is the most safe and healthy, as autumn is the most dangerous and sickly of all the seasons: and particularly the spring and beginning of summer agree best with children and very young persons; summer and the beginning of autumn, with old men; and the latter end of autumn, together with winter, are healthiest for the middle aged.

The spring breeds blood, the summer bile, and the other seasons such humours as correspond with their respective natures. The spring is the best season of the year to lose blood or take physic, if either of them should be proper, and can be conveniently deferred to that time.

In the spring, the air being impregnated with the salubrious effluvia of opening flowers, is more refreshing than the autumnal air, which is loaded with steams of putrifying vegetables, and, unless dispersed by the winds frequent at that season, would soon produce fatal effects,

When the temperature of the air corresponds with the nature of the respective seasons, the year is healthful and distempers slight; but when the weather is unnatural with respect to the seasons, distempers are stubborn.

Sudden transitions from great heat to extreme cold are dangerous, and always produce bad distempers; and when these changes happen in the same day for any considerable time, we may expect stubborn autumnal diseases.

Air by its subtilty and weight penetrates into all parts of the human body; it gives an intestine motion to the fluids, and a lively spring to the fibres, which promote the circulation. As air is the principal moving cause of all the fluids and solids in the body, persons should, if in their power, be very careful in chusing a healthy air.

That air is best which is pure, dry and temperate, (that is, not overcharged with steams, for it would be impossible to have it without any heterogeneous mixture) untainted with noxious damps or putrid exhalations. The surest mark of a good air is the common longevity of the neighbouring inhabitants.

That house is in a healthy situation, which stands on a rising ground and gravelly soil; so contrived, that the east or north winds may blow through it whenever you please; which, if possible, should be once every day, to blow away the animal steams and other noxious vapours; and especially let the
air

air of the bedchamber be pure and untainted, not near the ground, nor any kind of dampness.

The certain signs of a bad air in a house are, dampness, discolouring of the plaister or wainscot, mouldiness of bread, wetness of sponge, melting of sugar, rusting of brass or iron, and rotting of furniture.

There is nothing more apt to poison the air with putrid steams and breed distempers, than burial places in crowded cities; which make the air of such cities particularly unhealthy to infants.

Sudden extremes of heat and cold should be avoided as much as possible. It is very imprudent to come out of a hot room in winter nights without a cloak or furtout. Those who lay aside their winter garments too early in the spring, and put them on too late in autumn, will often have fevers in summer and defluxions in winter. This is an observation made by the ancients as well as moderns, and ought to be particularly attended to, in order to avoid the evils, which negligence or folly too often occasion. Sydenham says, that these giddy practices, and that of exposing our bodies when overheated to sudden colds, have destroyed more than famine, pestilence and the sword.

Every human creature, whose manner of life demands, and whose constitution can bear it, ought to inure himself to the outward air in different sorts of weather.

In the choice of habitations for mankind the wholesomeness of the air is a principal consideration, and is as much a particular in the purchase of a seat as the soil.

The local qualities of the air depend upon the exhalations of the soil, and of its neighbourhood; which may be brought thither by the winds; as we have known a gravelly situation (which is reckoned

ked the most healthful) rendered sickly by a neighbouring marsh.

The qualities of the springs are a mark of those of the air; for the air and water imbibe the saline and mineral exhalations of the ground; therefore where the water is sweet and good, it is probable that the air is so likewise.

The air of a city is generally worse than that of a country, being grosser from the steams of the inhabitants, and more apt to pall the appetite.

Such air is unfriendly to infants and children; for every animal, being by nature adapted to the use of fresh and free air, the tolerance of air replete with sulphureous steams of fuel and the perspirable matter of animals, is the effect of habit, which young creatures have not yet acquired.

Cold air and a cold bath warm robust bodies, and make them feel lighter to themselves; but infirm bodies feel themselves colder and heavier from them; and the more suddenly the cold comes, the more it hurts.

A cool and pleasant gale does more hurt to bodies overheated, than either air or water extremely cold; for the former obstructs and relaxes, which makes the body heavy; whereas the latter, though it obstructs for a while, yet strengthens at the same time, and soon makes the body feel lighter.

Swimming in cold water after violent exercise is pleasant, but pernicious.

OF ALIMENT.

The sorts of meat and drink most agreeable to the human body, and most conducive to health and strength, are bread, flesh, fish and wine; but if any of these are taken to excess, they bring on distempers sooner than food of a less nourishing nature.

nature. Bitter things bind and dry the body ; acid things make people thin, and gripe the stomach ; salt things promote stools and urine ; fat and sweet things breed moisture and phlegm.

Coarse or brown bread keeps the body open, but does not nourish much ; white bread opens less, and nourishes more. Bread not twelve hours old is preferable to that of twenty-four.

The flesh of wild animals is drier than tame ; those in the vigour of their age are best, and the flesh of those not used to hard labour is the tenderest. Mutton is good for both the delicate and robust ; but beef is heavy, and pork is only proper for the robust and strong.

Fish that live in stagnated waters, or are very fat, are hard to digest ; but such as live near the sea, are light. Boiled fish is lighter than roasted

Wine, pure and unmixed, if drank too freely, weakens a man ; sweet wines hurt the head less, and promote more stools, than strong or dry wines ; but they swell the bowels, and excite wind, and increase thirst. Austere black wines may be drank with benefit, when the body is loose, provided there is no disorder in the head, nor any impediment in the urine. Wine diluted with water is more friendly to the head, breast, and urinary passages, than wine alone ; but pure wine agrees best with the stomach and bowels. Excess in drinking is not quite so bad as in eating.

It is very injurious to health to take in more food than the constitution will bear, if no exercise is immediately used to carry off this excess ; and it is more dangerous to be abstemious.

Whatever the stomach can subdue turns to good nourishment ; but what cannot be digested contributes to waste the body.

It is imprudent to indulge ourselves in a discordant
variety

variety of food at the same meal. A good stomach, it is true, may digest fish, flesh, wine, and beer, at one meal; but if we add sallad, cream and fruit, the windy mixture will swell the bowels, and prevent digestion.

Persons of tender constitutions should be careful to chew their meat well, that it may be more easily digested.

Some, from the strength of constitution or custom, can eat three hearty meals a day; but if they lose one of them, (suppose their dinner) they grow faint, have no inclination to work or exercise, and complain of a pain at their heart; their bowels feel hollow, their eyes heavy, their mouth bitter, and their extremities cold: when this happens, they should not eat a plentiful supper by way of making amends, for it will lay heavy on the stomach, and cause a restless night: he therefore who has fasted beyond his usual time, should, if possible, avoid cold, heat, and labour, for that day, and make a lighter supper than usual of some harmless spoon-meat, rather than any strong solid food.

On the contrary, he who has eat a larger quantity of food than usual, and feels it heavy and troublesome in his stomach, should vomit it up again directly. If the food was high seasoned, a draught of cold water, with some juice of lemon, will assist digestion.

It is a general rule, that that sort of aliment is best, which being taken in a moderate quantity, or to some little excess, causes neither fulness, nor griping, nor wind; but is quickly digested, and after a proper time easily discharged.

Experience must convince a man what sorts of aliment cause a fulness and uneasiness at his stomach, and what do not; he therefore should consult his

own

own constitution, and eat only what perfectly agrees with him.

If it should be asked, how are the bulk of mankind to distinguish wholesome aliment from unwholesome? and how shall they measure the quantity proper for them; The answer is; almost all the aliment in common use has been found wholesome by the experience of ages, and a temperate healthy man can be in no danger in partaking of them*; and as to the proper quantity, the rule is to take such a proportion, as will be sufficient to support and nourish him, without overloading the stomach, and finish with some relish for more.

De Gorter says, if a healthy man eats and drinks as much as is sufficient to satisfy his hunger and thirst, and rises from table without quite filling his stomach, or with some remaining appetite, his daily discharges will be equal to what he has taken in; or, in other words, he will enjoy a good state of health, because health principally depends upon such an equality.

In order therefore to secure a constant state of good health, continues he, a man should be careful to use such exercise, and such a moderation in the other means of life, as will excite this natural appetite of hunger and thirst every day; and then should satisfy it with plain wholesome meat and drink in the temperate method above recommended.

Keil says, that the true rule of diet to every man is his natural undepraved appetite, for nature

* The flesh of young animals and good mutton, and wheat bread properly leavened, or mixt with a due quantity of barm and salt, and well baked, are excellent sorts of food, light, and easy of digestion.

never

never craves more, nor is easy with less, than what is proper for her.

A full diet is indispensably necessary to those who have much exercise; but it must be observed, that that quantity is most wholesome, which leaves the body as nimble and active as if one had eat nothing. If a man can rightly adjust the quantity of his food to his exercise, he will preserve health to old age.

A man's common diluting drink at meals should be double the quantity of the solid food he eats, otherwise his blood will grow thick.

Good wine is a fine liquor used in a moderate quantity, and answers many useful purposes of health; it assists digestion, and increases perspiration. Beer well-brewed, light and clear, and of a proper strength, is likewise exceeding good for the body, but small beer should be drank at meals.

Tea to some is a refreshing cordial after fatigue; but in others it occasions faintings and tremors. Experience therefore must determine the use or the forbearance of it.

Coffee is more fiery and active than tea; consequently a frequent use of it is more dangerous, where it is found not to agree with the constitution.

Chocolate is nourishing and balsamic, if fresh and good; but it is disagreeable to the stomach if the nut is badly prepared.

Pure water from a clear stream, drank in such a quantity as is sufficient to quench the thirst, is said by Dr. Hoffman to be the best drink for persons of all ages and temperaments. By its fluidity and mildness, says he, it promotes a free and equal circulation of the blood and humours through all the vessels of the body, upon which the due performance

formance of every animal function depends; and hence water drinkers are not only the most active and nimble, but also the most chearful and sprightly of all people. In sanguine complexions, water, by diluting the blood, renders the circulation easy and uniform. In the choleric, the coolness of the water restrains the quick motion and intense heat of the humours. It attenuates the glutinous viscosity of the juices in the phlegmatic, and the gross earthiness which prevails in melancholic temperaments: and as to different ages, water is good for children to make their tenacious milky diet thin and easy to digest; for youth and middle aged people, to sweeten and dissolve any scorbutic acrimony or sharpness that may be in the humours, by which means pains and obstructions are prevented; and for old people, to moisten and mollify their rigid fibres, and to promote a less difficult circulation through their hard and shrivelled pipes.

But, notwithstanding the Doctor's favourable account of water, it must be acknowledged, that to delicate or cold constitutions, weak stomachs, or persons unaccustomed to it, water without wine is very improper.

All waters are bad for any use, which are produced from ice or snow; for the light and subtile parts of the water fly off in freezing, and leave the heavy and gross behind. No water is therefore good, which is not light, pure and soft.

OF EXERCISE and REST.

As the human body is a system of pipes, through which the fluids circulate, life subsists by this circulation; and it is obvious, that exercise is necessary to health, because it assists this circulation.

We

We see every day, that the active man is more strong and healthy than the sedentary.

The complaints occasioned by immoderate labour are cured by rest; and those which are caused by sloth are removed by exercise.

If the whole body rests longer than usual, it will become stronger: the same observation holds good with respect to every limb of the body. On the contrary, if a man, after a long habit of idleness, goes directly to hard labour, he will be sure to do himself hurt. The feet, by a long state of rest, are disqualified for much walking; and the other limbs, by long inaction, lose in a great measure their use.

He, who from a constant fatigue falls into an inactive state, must live abstemiously; otherwise his body will be soon tortured with pain, and oppressed with a load of humours.

Friction makes the body warm, firm and fleshy.

Reading aloud, and singing, warm and dry the body.

Of all exercises walking is the best, as it is the most natural for men in good health.

All sorts of exercise are wholesome and best before meals, especially riding.

Riding on horseback is the best exercise to recover lost health, and walking the best to preserve good health.

Good hours will always be a most beneficial means to preserve health and spirits; to go to bed at ten and rise at six.

Moderate exercise gives strength to the body and vigour to the senses. It is the best to use that sort of exercise, which the body has been accustomed to, observing to use no more than the strength or weakness of the constitution will bear.

The

The exercise of the mind is necessary to the health.

After exercise great care ought to be taken to prevent catching cold, especially if it has occasioned a sweat, which must be done by rubbing the body well with a dry cloth, and changing our linen, which should be previously well aired.

No folly after exercise is equal to that of drinking small liquors of any sort quite cold when a man is hot. If they were drank blood-warm, they would quench the thirst better, and do no injury.

Lean people are soon weakened and wasted by too much exercise.

Every man should rest for some time after exercise before he sits down to dinner or supper.

Exercise might be strongly recommended from only one common observation, *viz.* that the parts or limbs of the body, which labour most, are larger and stronger than those which have less exercise. Thus the legs and feet of a chairman, the arms and hands of watermen and sailors, the backs and shoulders of porters, by long use grow thick, strong and brawny.

By moderate exercise the whole body becomes lighter and more lively; the muscles and ligaments are cleansed from every foulness, and the matter, to be discharged by perspiration, is prepared for it.

But violent exercise of body and mind persisted in, brings on an early old age and a premature death.

Exercise is most wholesome when, after having digested our food twice a day, our body returns nearly to its usual weight before the next meals.

Riding on horseback increases the perspiration rather of the parts above, than below the waist;
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and an easy pace is much more wholesome than a hard trot. But to such consumptive or infirm persons, as are fatigued more by riding on horseback than in some easy carriage, the former cannot be so proper as the latter, because their strength should be recruited, and not exhausted by exercise.

To ride hard over a rough road in an ill-hung coach or chaise, is the most violent of all exercises, which not only precipitates the perspiration, being yet crude, but also hurts the solid parts of the body, and particularly the kidneys. Leaping is in like manner an unhealthy exercise on the same account.

To be carried a little way in a sedan chair, or horse litter, or barge, does not increase the perspiration so much as walking does; but such sorts of motion, if properly continued, are very healthful, and dispose the body to a free perspiration.

Moderate dancing is an healthful exercise.

The principal and most useful sorts of exercise within doors are tennis, hand-ball, dumb-bell, dancing, fencing, and shuttle-cock; and, if a good digestion be wanting, the chamber-horse or tremouffoir. The best without doors are walking, bowling, riding in wheel-machines or on horseback.

Three things are necessary to be considered with regard to exercise. First, what is the best sort of exercise. Secondly, what is the best time to use it. And thirdly, what is the proper degree or measure to be used.

As to the first, though various exercises suit different constitutions, as they happen to be robust or delicate; yet, in general, that sort is best to which one has been accustomed, which has been always found to agree with the constitution, and to give delight and pleasure in the performance of it.

Secondly, the best time to use exercise is when the stomach is empty. Some cannot bear it quite fasting,

fasting, and therefore to them exercise is proper enough after a light breakfast, or towards evening, when their dinner is pretty well digested; but should never be attempted soon after a full meal by such as are under no necessity to work for their daily subsistence.

Lastly, the measure or proportion of exercise fit for every individual is to be estimated by the strength or weakness of his constitution; for when any person begins to sweat, or grow weary, or short-breathed, he should forbear a-while in order to recover himself, and then resume his exercise again as long as he can pursue that method with ease and pleasure; but if he persists until he turns pale, or languid, or stiff, he has proceeded too far, and must not only forbear exercise for the present, but should also use less next day. Children and old people require much less exercise than those who are in the vigour of life.

Of SLEEP and WAKEFULNESS.

Each of these carried beyond its proper bounds is injurious to health. Excessive watching prevents the food from being digested, and occasions crude humours; it also dissipates the strength, and produceth fevers. Too much sleep relaxes the body, makes it phlegmatic and inactive, oppresses the head, impairs the memory, stupifies the understanding, and makes a man look as if he was parboiled.

The body, when asleep, should always be well covered with cloaths, but the bed-chamber should be large and airy.

When a man's dreams at night correspond with the actions of the day, and represent only such things as are natural and proper to be done, they denote a good state of health; that there is neither

plenitude which requires evacuation, nor emptiness which requires a supply. But those dreams, which are contrary to the actions of the day, denote a bodily disorder, which is great or small, as those dreams depart more or less from a man's natural actions or habits. In such a case it is necessary to remove the disorder, in order to prevent a distemper. If, for instance, we dream of evacuations, it shews that the body is too full, and wants proper discharges by vomiting, abstinence or exercise. On the other hand, if a man dreams he eats common food with an appetite, he is too empty, and requires nourishment. Frightful dreams also discover a stoppage in the blood, and ought to be removed by proper means. He who minds these rules will always enjoy good health.

The limits generally assigned to sleep are six or seven hours for youth or manhood, and eight or nine for infancy or old age, when they are strong and healthy; but the infirm are not to be limited; and the weaker any person is, the longer he ought to indulge himself, according as he finds sleep refreshes him.

Moderate sleep increases the perspiration, promotes digestion, cherishes the body, and exhilarates the mind.

They whose sleep is apt to be interrupted by slight causes, should keep themselves quiet and warm in bed, their eyes shut, and avoid tossing and tumbling, which will in some degree answer the purposes of a more sound sleep.

Sleeping long in a morning, and sitting up late at night, invert the order of nature, and hurt the constitution. They who do it merely in compliance with the fashion, ought not to repine at a fashionable state of bad health, or a broken constitution.

Sleeping

Sleeping after dinner is only proper in warm climates, or amongst those who, by a long habit of it, have rendered the custom almost natural to them; or where extraordinary fatigue or want of rest the preceding night obliges them to it; in which case the body should be well covered to prevent its catching cold.

Two hours should intervene between supper and the time of going to bed. A late heavy supper often prevents sleep, by lying undigested on the stomach, and thereby disturbing the sweet tranquility of the body and mind, which is so refreshing to both.

We may know that we have slept sufficiently, if in the morning when we wake we find our understanding clear, and our body active and lively.

OF REPLETION and EVACUATION.

The whole art of preserving health may be said to consist in filling up what is deficient, and emptying what is redundant, that the body may be kept in its natural state; and therefore all the supplies from eating and drinking, and all the discharges by sweating and the other channels of nature, should be so regulated, that the body may not be oppressed by repletion, nor wasted by evacuation. Of these two, one is the cure of the other; for every error in repletion is corrected by a seasonable evacuation, and every excess in evacuation (if it has not proceeded too far) is cured by a gradual and suitable repletion.

When any repletion has been accumulated, it requires a particular and correspondent evacuation well known to physicians. Repletion, for instance, from eating or drinking, requires a puke or abstinence.

nence. A fullness of blood requires immediate bleeding. A redundancy of humours requires purging: and a retention of any excrementitious matter, which should have been discharged by sweat, urine or spitting, requires assistance from such means, as have been found by experience to promote these several evacuations.

If these cautions are neglected, there will succeed an oppression of the stomach or breast, a weight of the head, a rupture of the blood-vessels, or some other troublesome disorder.

A person in perfect health ought never to take any medicine, that may disturb the regular operations of nature without necessity.

It is observed, that smoaking or chewing tobacco soon after meals destroys the appetite, and hinders digestion.

It is best for young people to have their bodies moderately open, and for old people to be somewhat bound.

Those who discharge much by urine have but few stools.

When it becomes necessary to cleanse the body, those who are thin, and bear vomiting well, ought to take a puke; but those who are fleshy, and hard to vomit, should be purged downwards.

It is observed in general, that a puke, where it agrees, is best in summer, and a purge in winter.

Moderate commerce with the fair sex is of service to such as are loaded with phlegm, but it commonly binds the belly.

Of the PASSIONS and AFFECTIONS of the MIND.

He who seriously resolves to preserve his health, must learn to conquer his passions, and make them subject to reason. If he is ever so regular in his diet, yet if his passions are indulged to excess, they will soon destroy the good effects of his temperance.

Violent anger (which differs from madness only in duration) contracts the heart and lungs, and fills the head with hot humours; it creates bilious, inflammatory, convulsive, and sometimes apoplectic disorders, especially in hot temperaments. Excess of joy destroys sleep, and has been known to have had sudden fatal effects. It is tranquillity of mind that unbends the heart.

Fear and grief, if they continue long, portend melancholy.

Terror, shame, joy and anger, lead the mind to correspondent actions. As for instance, the sudden sight of a serpent will make the countenance pale; and to walk on the edge of a pit or precipice will make the legs tremble.

Care and meditation are the exercise of the mind.

Chearfulness adds to the strength and spirits, but grief impairs both.

Anger and joy increase perspiration, but fear and grief diminish it; and the other passions have the same effects, in proportion as they partake of the natures of these.

Melancholic and timorous persons, therefore, are subject to obstructions in the bowels, to hypochondriacal disorders and cold sweats; for nothing makes the perspiration more languid than fear and
grief;

Grief ; and nothing makes it more free than chearfulness of spirits.

The distempers which arise from the affections of the mind are not to be cured by medicine, but by contrary affections ; though proper medicines to promote or diminish perspiration may be serviceable.

Any violent affection of the mind is more hurtful to health, than any violent motion of the body ; though every excess is an enemy to nature.

To vary our passions, *i. e.* to be sometimes angry or chearful, and sometimes fearful or sad, produces, upon the whole, a more healthful sort of perspiration, than to be always under the influence of the same passion, though ever so agreeable.

A constant serenity, supported by hope or chearfulness, arising from a good conscience, is the most healthful of all the affections of the mind. Chearfulness of spirits are particularly useful when we sit down to our meals, or compose ourselves to sleep ; because anxiety or grief are known to prevent the benefits, which we ought naturally to receive from these refreshments.

Having considered singly the SIX NECESSARY THINGS TO LIFE, with the principal rules of health for each, it will be proper to add an important rule, which considers two of the six together, and shews the influence which they have upon one another with respect to health.

The rule is,

Our exercise should bear an exact proportion to our diet ; and our diet, in like manner, to our exercise*.

exercise*. Persons who use moderate and constant exercise are able to digest a large quantity of aliment, without any injury to their health, because their exercise throws off whatever is superfluous; but tender people, who can use little or no exercise, if they should take in a large quantity of food, some undigested superfluity must remain in the body, which becomes a perpetual source of distempers.

The ancients looked upon this rule of adjusting their diet to their exercise as the most important in the whole art of preserving health.

One caution, however, is necessary. When a man is much fatigued, either by a hard journey or violent exercise, and stands in need of immediate refreshment, let him eat such things as are light and easy of digestion, and drink some small liquor warm; for heavy meat and strong drink will increase that artificial fever, which violent exercise raises in the blood, and thereby waste his strength and spirits.

It is likewise to be observed, that it is dangerous to change suddenly a long habit which a person has contracted, or to run from one extreme to another, especially with respect to the *six necessary things of life* above treated of.

* That is, he who eats and drinks plentifully should use much exercise; and he who cannot use exercise should, in order to preserve his health, live somewhat abstemiously.



S E C T. III.

Of the different temperaments of the human body, viz. the CHOLERIC, the MELANCHOLIC, the PHLEGMATIC, and the SANGUINE; with rules of health for each.

THE human body contains four humours, very different with respect to heat, cold, moisture and dryness, viz. blood, phlegm, yellow bile, and black bile; which several humours are frequently brought up by vomiting, and discharged by stool. Health consists in a due mixture of these four, and distempers are produced by a redundancy in any of them. Upon this observation the four principal temperaments of choleric, melancholic, phlegmatic and sanguine have been established.

In choleric temperaments, or bodies abounding with yellow bile, the blood is found to be hot and thin; to move with great rapidity through the pipes; to dispose the body to inflammations and acute distempers, and the mind to a promptness and impetuosity in all its deliberations and actions. Persons of this temperament ought to avoid all occasions of disputes, strong liquors, violent exercise, and every thing by which they are apt to be overheated.

In melancholic temperaments, where persons abound with a gross, earthy, austere humour, called the black bile, the blood is heavy and thick, moves slowly, disposes the body to glandulous obstructions

obstructions and lowness of spirits, and the mind to fear and grief. To such persons a healthy air, moderate exercise, light food, a little good wine, which should be mixed with water for common drink, and chearful company, are the best means to preserve health.

In phlegmatic temperaments, where there is a large proportion of watery, tenacious mucilage, the slimy blood moves languidly, disposes the body to white swellings and dropical disorders, and the mind to stupidity and sloth. In this temperament, a diet moderately attenuating, constant exercise, and some warm gentle physic, at proper times, will prevent bad disorders.

In sanguine temperaments, where there is no redundancy of bile or phlegm, the blood (except in cases of fullness from high living, or inanition from hæmorrhages) circulates freely and equally through all the vessels, which disposes the body to health and long life, and the mind to chearfulness and benevolence. The principal care of such persons should be, by a moderate and prudent use of all the necessaries of life, to avoid the extremes of plenitude and voluptuousness, and every sort of intemperance, which may spoil a benign and healthy constitution.

Although these temperaments are not easily distinguished at first sight, yet a considerate man may, by careful observation and experience, discover which temperament he principally partakes of, and consequently may, by proper precautions, and the rules here laid down, avoid the inconveniences and evils which may arise from it.

The most common marks of a hot and dry temperament, are large, turgid veins; a strong pulse; a broad breast and shoulders; a robust, muscular, well-

well-proportioned body and limbs; black, thick, curling hair; and a rough, brown, hairy skin.

On the contrary, a soft, white, smooth skin; fair hair; a narrow chest; small veins; a delicate body, generally plump; weak, ill-shaped limbs; and a feeble pulse, denote a cold and moist temperament.

The best physicians, both ancient and modern, have condemned the dry temperament, as being of itself a sort of old age; and have praised the moist, as the fittest to prolong life, and preserve health and vigour, even to a state of longevity.

A warm bath, and gentle exercise, are extremely proper for those of hot temperaments; and their food should produce sweet juices without any acrimony; water should be their principal drink; they should avoid anger, too much study, and the scorching heat of the sun. As the heat of a temperament commonly proceeds from a redundancy of bile, diligent enquiry should be made, whether this boil is apt to go off by stool? If it is, we need not be very solicitous about the consequences of it, for nature will do her own work; but if it returns upwards, it must be evacuated by a gentle puke.

A moist temperament is allowed to be inconvenient in infancy, but afterwards becomes the most healthful of all the temperaments that run into any excess.

Those, therefore, who preside over health, should guard against such things as dry and waste the body too much; but still without running into the contrary extreme; and this just medium is preserved by a prudent use of exercise and bathing, by keeping the natural evacuations within their proper bounds; and especially by such food as will supply good juices, and by a moderate use of good wine.

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From what has been said of the temperaments it clearly follows, that there can be no such thing contrived as an universal remedy for all complaints ; because what agrees with the hot, must disagree with the cold. Nor can it be certainly promised for any particular aliment, or any kind of medicine, that will agree with this, or that individual; until we are acquainted with his peculiar temperament ; and consequently it is absurd to prescribe a method of diet or physick for any man, without such a previous knowledge.



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S E C T.

S E C T. IV.

Of the CIRCULATION of the BLOOD.

FOR the regular circulation of the blood throughout the different parts of the body, the wise architect of nature has furnished the heart with four distinct muscular cavities, that is, with an auricle and a ventricle on the right side, and an auricle and a ventricle on the left. Through these cavities, curiously adapted to their respective offices, the blood circulates in the following order.

It is received from the veins first into the right auricle, which contracting itself, pushes the blood into the right ventricle, at that instant dilated. The moment this ventricle is filled, it contracts itself with great force, and impells the blood into the pulmonary artery, which passing through the lungs, and returning by the pulmonary veins, is received into the left auricle* of the heart, and from thence it is pushed into the left ventricle. The left ventricle thus filled, contracts itself, and drives the blood with great rapidity to all parts of the body, and from them it returns again through

* The right and left auricle are two muscular caps covering the two ventricles of the heart, thus called from the resemblance they bear to the external air. They move regularly like the heart, but in an inverted order, their contraction corresponding to the dilatation of the ventricles.

the veins into the right auricle of the heart, as before.

It is very remarkable, that we have here a double circulation; one from the right ventricle thro' the lungs to the right auricle of the heart, in order to convert the chyle into blood, and finally prepare it for our nourishment; the other from the left ventricle through the whole body to the right auricle of the heart, which serves to apply that nourishment to every part, and many other uses.

Of these four muscular cavities the two auricles are contracted at the same instant, while the two ventricles are dilated; the ventricles, in their turn, are contracting themselves at the very instant that the auricles are dilated. The arteries, in like manner, beat in alternate time with the ventricles of the heart; that is, when the ventricles are contracted, the arteries are distended; and while the arteries contract themselves, the ventricles are distended.

The nerves, as well as the veins and arteries, act their part in this rotation of the blood.

Thus we have a perpetual motion (so vainly sought for by some philosophers and mathematicians) which none but a being of infinite wisdom and power could produce; and perhaps its continuation requires the constant aid of the same hand that first gave it existence. The brain transmits animal spirits to the heart, to give it a vigorous contraction. The heart, at the same instant, pushes the blood into the brain, to supply it with new spirits; by which means the head and heart mutually support each other every moment.

The action of the heart sends the blood, and other vital humours, over the whole body, by the arteries, and distributes nourishment and vigour to every part; and the whole resluent mass is conveyed

veyed back through the veins into the heart, which enables it, without intermission, to persist in rolling this tide of life.

Having thus given a description of the circulation of the blood, we will now take a view of the use and importance of this circulation to the whole animal œconomy.

When this circulation is duly performed, a man continues in good health; when it grows irregular, he sickens; and when it ceases, he dies. If but one member should be deprived of it, that member presently corrupts and mortifies.

By means of this circulation every natural secretion is mechanically regulated, the perspiration promoted, all the dregs of the body discharged, and distempers frequently cured without any other assistance.

When the circulation is naturally quick and vigorous, the temperament of the body becomes habitually hot; when it is languid and slow, the temperament is cold. When the original stamina of the solids, which press forward this circulation, are compact and firm, the constitution is proportionably strong; when they are lax and delicate, the constitution is weak and tender. When bile or phlegm prevails in the fluids, the complexion corresponds with the prevailing humour, and is accordingly called bilious or phlegmatic. Thus from the different velocity of the circulation, the different strength of the stamina, and the different mixture of the fluids in every individual, arises that peculiar disposition, which is the true cause, why several things which are hurtful to some are beneficial to others; and why the same person finds some things agree with him at one time, which have disagreed at another.

A moderate and calm circulation of the blood is necessary towards the right government of our passions, and the true use of our reason. Daily experience tells us, that the influence of the mind upon the body with respect to health, and of the body upon the mind with respect to the intellectual faculties, is very great. Sudden terrors have killed some, and distracted others. Anger and grief impair health, while chearfulness and contentment promote it; and inflammations, and other disorders of the brain, suspend the right use of our reason.

Many arguments induce us to believe, that the nerves serve for sensation and muscular motion; and that by means of these two, the mind carries on its correspondence with external objects. We know that the nerves are supplied with spirits from the brain, and the brain with blood from the heart: from all which it is evident, that the circulation must be gentle and regular, in order to prevent the passions growing boisterous or headstrong; and that consequently this circulation is the source of that rational correspondence and harmony, which should subsist between the human mind and the body.



S E C T. V.

Of PERSPIRATION.

YOUTH perspire a great deal more than old age; and the quantity of perspiration differs according to different constitutions, ways of living, climates and seasons. It is asserted, that we perspire more when awake, than during a sound sleep. But nocturnal perspiration is esteemed the most beneficial, because a sound sleep is refreshing to all, and likewise intreaseth the strength and spirits.

After a good night's sleep the body feels lighter, both from the increase of strength which it receives, and from the quantity of matter which it throws off; and the purer the perspiration is, the more wholesome it is.

The principal causes which stop perspiration are, a cold damp air, hard viscid food, disuse of exercise, pains, fasting, terror, restless nights, and an increase of evacuation: a change of bed sometimes diminishes the perspiration; therefore when we chuse to perspire we should avoid all these.

Perspiration is increased by a little good wine*
moderately

* A moderate glass of good wine possesses two valuable qualities towards promoting perspiration, which are, assisting digestion and inducing sleep; for it is as impossible to perspire when the stomach is too full, as when it is quite empty: so likewise when a person cannot get to sleep, he is apt to tumble and toss about,

moderately drank, by lying quiet in bed, and keeping the cloaths undisturbed, being contented in mind and composed to rest; by stretching and yawning after sleep; and with regard to motion or exercise, none is better for perspiration, or more healthy for the body, than walking.

When the perspiration is defective, exercise is the remedy.

It must be observed, that the perspiration is more obstructed by a moist or cool southerly air when we are asleep, than by any intense cold when we are awake.

That sort of food, of which the weight is not felt in the stomach, nourishes best, and perspires most freely.

The perspiration being copious in time of sleep, and hindered from flying off by the bed-cloaths, sick persons frequently communicate their distempers to the healthy who lie with them; and even the healthy infect the healthy with any bad humours which they have about them.

Perspiration is as large from a good fire in winter, as from the sun in summer.

Strong people perspire most in the summer days and in the winter nights; and an obstructed perspiration, which disposes the body to a malignant fever in summer, does little harm in winter, because the perspirable matter is more acrid in hot weather than in cold.

In a cold, pure and healthy air, the perspiration is indeed obstructed; but the fibres are strength-

about, fan the air, throw off the cloaths, and catch cold; besides it is always remarked, that those accidents which prevent sleep, are also found to obstruct perspiration.

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ened, and the matter retained is neither dangerous nor painful; whereas in a damp impure air the perspiration is stopt; the fibres relaxed, but not strengthened; and the matter retained is both bad and troublesome.



S E C T. VI.

RULES *for the* HEALTHY *and* ROBUST.

PERSONS of a healthy and strong constitution should observe the two following rules :

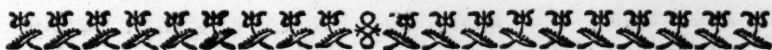
1. To avoid a precise and uniform diet, and to diversify their method of living; to be sometimes in the city, and sometimes in the country; to eat and drink sometimes more, and sometimes less, than usual, but always within the bounds of temperance; to partake of whatever wholesome food comes in their way, be it ever so ordinary; to use at one time little, at another time much exercise; and, in short, by a various life, to be always prepared and ready to fall in with any condition, which may be appointed for them by providence*.

* The plain truth is, a healthy man should not bind himself down to an over strict and an abstemious diet, nor to a regular uniformity in his way of living; because in case any necessity should oblige him (which frequently happens) to alter the habit he has contracted, a quick transition to a new method may prove dangerous. It is the wisest course, therefore, for persons in health to vary their way of living often, that no new change may happen which can hurt them.

2. To

2. To be cautious not to destroy in their gay days of pleasure, by excesses of any kind, that vigour of constitution, which should support them under unavoidable infirmities.

Commerce with the fair sex is neither too wantonly to be indulged, nor too timorously to be shunned. When moderate, it renders the body lively; but too frequently used, it wastes and enervates. This frequency, nevertheless, is to be estimated by a man's age and strength; for that commerce is harmless, which is not succeeded by pain or lowness of spirits.



S E C T. VII.

RULES *for the* DELICATE *and* INFIRM.

PERSONS of a tender and delicate habit of body (among whom may be reckoned the greatest part of our citizens, and almost all men, of letters) should endeavour to repair, by their temperance, regularity and care, what is perpetually impaired by their weakness, situation and study; and, in effect, we often see, that persons of a weakly constitution, who are immediately injured by any excess, and consequently obliged to be careful in the management of their health, live more comfortably, and longer, than those of a robust constitution, who, from a vain confidence in their vigour, are apt to despise all rules and order.

A tender person should (if possible) dwell in a well-lighted chearful house, which is airy in summer, and enjoys the sun in winter; and should
avoid

avoid mid-day heats, morning and evening colds, and damps of all kinds. Let the bookish and contemplative man take care not to study too soon after meals; and let even the man of business and the statesman spare a few hours for the purpose of health, and be sure to use some convenient exercise every day before meals; such as reading aloud, walking or playing at ball of some sort; which exercise he should persist in, until he finds himself either in a gentle sweat, or a little tired, but no longer.

Large meals are ever hurtful to a tender constitution. Confections and delicacies are bad on two accounts; the first, because they tempt people to eat more than enough; and secondly, because they are hard of digestion.

Studious men should particularly observe, that the more business they have been fatigued with upon any occasion, the more temperately they ought to live; and that they should not at such times eat any thing hard of digestion, or drink more wine than what is just sufficient to refresh them.



S E C T. VIII.

Of B A T H I N G:

BATHING is not to be practised rashly, without good advice and proper precautions; though it has been the ancient practice of the Jews and Romans, not only as a cure of several distempers, but also for cleanliness and delight.

Bathing

Bathing is also the modern practice of several nations, especially of the Egyptians, where the women use it, at a great expence, to make them plump and comely, and the men for coolness and health.

Every physician ought to know what hurt may be done by unseasonable bathing.

A bath of fresh water gives moisture and coolness to the body, but that of salt water heats and dries it. A hot bath wastes and chills a person who uses it fasting, but warms and moistens him after meals. A cold bath, on the contrary, warms a man who goes in fasting, but chills and dries him after meals. Tepid bathing is beneficial in many distempers; it gives ease in pains of the side, breast and back, helps the breath, promotes spitting and urine, relieves a weight in the head, and removes lassitude; but it requires nice management to fit up and use a bath properly. The passage to it should be short, and the steps in and out of it very easy. The patient should be composed and silent while in it, and should be washed and rubbed by the assistants.

It is a misfortune, that few houses have the proper conveniences for bathing; and where these are wanting, a bath does more harm than good.

Bathing, in general, is improper for those who bleed at the nose, or are very weak or sick at the stomach; or too loose or too costive, unless these last are previously purged.



S E C T IX.

Of C O N C U B I N A G E.

NOTHING exhausts and enervates the body more, or hurries on old age faster, than premature concubinage; and hence the Germans are extolled by Tacitus, for not marrying before they are arrived at their full vigour.

Old men are destroyed by indulgences of this kind, which render them heavier, weaker and colder.

Excess is more pernicious in summer than in winter, because the digestion being weaker in that season, is more difficult to be recovered; and the perspiration being more free, any stoppage of it is sooner felt.

By excess the stomach is weakened, the natural heat diminished, and the perspiration obstructed; whence follow indigestion, flatulencies, palpitation of the heart, gravel in the kidneys, catarrhs, and loss of memory.

Next to the stomach, the eyes suffer most by this excess, which is apt to bring a gutta serena.

The extremes of both excess and abstinence obstruct the perspiration; but much more excess.

A person knows that concubinage has done him no hurt, when after a subsequent sleep, no languors or weariness are felt, but the breath is free and easy, the urine of a good colour and consistence, and the whole man brisk and lively.

S E C T.



S E C T. X.

Of C O N S T I T U T I O N S.

IT is expedient, before all things, to understand a man's particular nature and habit of body; some are too meagre, others too fat; some too hot, others too cold; some moist, others dry; some too costive, others too lax. Now all these extremes should be rectified as much as possible, and every constitutional complaint, which endangers health, gently and gradually removed.

The meagre should be plumped up by very gentle exercise and long intervals of rest, a soft bed, long sleep, tranquillity of mind, fat meat, frequent meals as plentiful as he can well digest, and by keeping the body gently bound.

Fat persons should be made thinner by warm bathing, strong exercise, hard beds, little sleep, proper evacuations, acids, and one meal a day*.

Hot

* Galen says, that he reduced a huge fat fellow to a moderate size, by making him run every morning until he fell into a profuse sweat; then he rubbed him hard, and put him into a warm bath; after which he ordered him a small breakfast, and sent him to the warm bath a second time. Some hours after he permitted him to eat freely of food, which afforded but little nourishment; and lastly set him to some work, which he was accustomed to, for the remaining part of the day.

F

On

Hot constitutions are cooled by drinking water and acid liquors; and the cold are warmed by the use of the flesh brush, by salt meat and good wine.

The dry are rendered moist by less exercise, and a fuller diet, especially by drinking more than usual; by cold bathing, and by resting some time after their morning exercise before they eat.

The lax are made firmer by increasing the usual exercise; by making one meal a day, instead of the two they made before; by drinking little, and deferring that until they have done eating; and by sitting still some time after meals.

The costive, on the contrary, are relaxed by increasing the quantity, by drinking large draughts at meals, and by using exercise soon after eating.

On the contrary hand, a man who is too lean, may be made plump. 1. By such food as will produce sweet juice and good nourishment. 2. By gentle exercise, which gives a firmness to that nourishment. And 3. By avoiding heat, fatigue, and every violence that can dissipate the nourishment he has received. Fat meat, if a man can digest it well, will help to plump him up; but if he cannot, it will do him no service.

SECT.



S E C T. XI.

*Of the HABITUAL INFIRMITIES of different
parts of the BODY.*

THOSE, who are accustomed to an habitual looseness, should play at tennis, and accustom themselves to such sorts of exercise, as shake the trunk of the body. They should avoid a variety of dishes at one meal, and should deal very little in broths, greens, or small sweet wines, and should sit quiet for a considerable time after meals.

People subject to cholics should not eat or drink any thing cold, nor whatever they know by experience to be windy.

The symptoms of a weak stomach are paleness, meagerness, loathing, frequent vomiting, and a head-ach, sometimes when the stomach is empty. Such persons should always eat things of easy digestion, and drink the rougher sorts of wine, if they can bear them, cold; and use also such exercise as shakes the trunk of the body.

Those who are afflicted with the gout in their feet or hands, ought, between the fits, to give all the exercise they can bear, to the parts affected, in order to render them firm and hardy; but during the fits rest is necessary. Concubinage is a great enemy to gouty complaints.

Under every constitutional infirmity, it is proper to promote a good digestion; but to gouty people it is indispensably necessary.

Those whose heads are infirm, should pour cold water upon them every morning; should eat moderately of food easy to digest; and should make wine and water their common drink, that in case the head at any time grows worse than usual, they may have recourse to, and relief from, water alone.

A weak head will not bear much writing, reading, vehement speaking, or intense thinking at any time, and especially soon after meals.

It is a sure sign of good health, when a person can climb up an ascent with pleasure.



SECT. XII.

Of UNEXPECTED INCIDENTS.

IF a man must necessarily remove his habitation into a worse air, he had best do it in the beginning of winter.

It is imprudent to contract a habit of idleness at any time, because a man may chance to be under a necessity to work.

To a person sweating with labour there is nothing more pernicious than drinking cold water; nor is it proper for such as are wearied with a journey, though their sweat be gone off.

Fatigue is often eased by change of labour; and he who is tired by an unusual sort of work, is refreshed by that to which he has been accustomed.

Those who are much fatigued should, if possible, sleep in their own beds; for a strange bed does not always refresh them so well.

SECT.



S E C T. XIII.

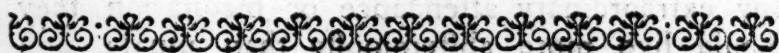
Of those, whose time is not in their own power.

TO statesmen and students, whose employments engross too much of their time, Galen prescribes the three following rules: first, that after any extraordinary attendance or meditation they should live more abstemiously than usual; and affirms, of himself, that when at any time he was fatigued and spent with business, he chose the most simple food he could think of, which was commonly bread alone; and though he does not propose this rigorous abstinence as a model for others, yet he insists upon it, that after great fatigue peoples food should be light and easy of digestion. His second rule is, that their common diet should be plain and simple, and such as they can easily digest. And his third rule directs them to set apart some portion of their time for exercise every day (whatever their engagements may be) or if that be impossible, to lose a little blood sometimes to prevent a plethora, and to take now and then some gentle physic, to purge their bowels from the corrupted humours accumulated there by indigestion, without which precautions they must of necessity fall into bad distempers.

To watch and study at night is to strive against nature, and by contrary motions to impair the vigour both of body and mind.

It is proper for all who are tied down to a sedentary or inactive life, to take the opportunity of festival days, or other times of leisure, to relieve

their bowels from corrupted humours by gentle purging. Although this is an inestimable lesson, yet so great is the intemperance of the inconsiderate, that instead of employing their idle days in procuring health for themselves, they, on the contrary, indulge their appetites to the utmost, and thereby accumulate bad humours, which afterwards break out in the rheumatism, gravel, or some other distemper, which afflicts them for the remaining parts of their lives.



S E C T. XIV.

Of Ways to prevent approaching Distempers.

WHEN distempers are perceived to make their approach, they should be prevented by removing their causes as soon as possible. A man seems to be in a middle state between health and sickness, when he has some slight ailment that does not confine him to his bed or from business; such as an inconsiderable head-ach, loss of appetite, some unusual weariness, weight or drowsiness: but it is the part of a wise man to prevent these small disorders from growing worse, by correcting without delay the disposition from which they are derived. If, for example, the complaint arises from too great a fulness, that fulness should be diminished by abstinence, or (if abstinence is not sufficient) by bleeding, purging, or sweating.

If it arises from crudities and indigestion, the remedy to prevent its growing worse is to keep ones self warm, to live abstemiously and quietly
for

for some days, and to drink a little good wine to strengthen the stomach; and, in general, we should endeavour to remove the present slight complaint, by pursuing a method, in its tendency and effects directly contrary to the cause which produced that complaint; or, in other words, thick humours must be attenuated; acrimonious and redundant humours corrected and discharged; crude humours concocted, contractions relaxed, and obstructions opened.

When a beginning cold or cough threatens an impending fever, the cough should be removed, and the fever prevented, by prescribing air and exercise, and a cooling ptisane for drink (made of barley decocted with raisins and liquorice) together with abstinence from flesh, meat and strong liquors.

Boerhaave recommends the three following receipts to prevent distempers:

1. As soon as we perceive, from certain symptoms, that any distemper is approaching, we should prevent it by pursuing a method opposite to the cause which is likely to produce it: and this method chiefly consists in using the following means, *viz.* we must in the first place practice abstinence and rest, and drink several draughts of warm water. We ought next to use some moderate exercise, and persist in it until a gentle sweat begins to break out; after which we should immediately go into a warm bed, and there indulge a free perspiration, and sleep as long as we conveniently can; for it is obvious, that by these means the vessels are relaxed, gross humours are diluted, and noxious humours are discharged. Thus impending distempers are prevented by removing their causes.

2. To

2. To guard against distempers in general, there cannot be a more useful precaution, than to keep up a free and uniform perspiration, by not laying aside our winter garments before a warm May, and by putting them on again before a cold November.

3. In summer our diet should be light, soft, and mild; our drink cooling, and our exercise gentle. In winter, on the contrary, our food ought to be solid, dry and savoury, warmed with a little good wine, and the exercise vigorous. In spring and autumn, the aliment and exercise should keep a medium between both, but leaning to those of the summer or winter, as one is more or less affected with heat or cold.

Here we shall subjoin a simple and easy method of preventing impending distempers, frequently practised with good success, *viz.* when you find yourself indisposed, go directly to bed, and there lie for one, two or three days, until your complaints are removed; living all the while on water-gruel or panada for food; and on water, or small warm negus, or white wine whey for drink: your gruel or panada may be made more or less substantial as you require them. Where this agrees with the stomach, and time can be spared, it will be found more beneficial than perhaps may be readily imagined.

SECT.



S E C T. XV.

*Several judicious OBSERVATIONS, extracted
from PLUTARCH.*

IT is an observation of some importance to health, (tho' now and then disregarded by physicians) that a coldness in the extreme parts of the body, which drives the natural heat inwards, shews a tendency to a feverish disposition; and that we ought, therefore, to guard our limbs well from cold, at such times as we use no motion to throw the heat outwards*.

Another observation is, that persons in health ought sometimes to taste that simple and insipid food, which alone is proper in time of sickness; that so they may not be disgusted at the sight of it, nor, like froward children, set themselves against it when it becomes necessary; and for the same reason we ought to drink water sometimes, though we have wine at hand, because in some illnesses it will be proper to drink water

* If this observation of Plutarch was found useful in Greece, it is much more so in our colder climate: and it may be affirmed, that persons, whose legs and feet are for the most part cold, cannot enjoy a good state of health. If woollen was worn under the stocking by people of tender constitutions, to keep up by their warmth, an equable circulation in the extreme parts, it would prevent many a fit of pain, sickness and lowness of spirits, which they must feel without such a precaution.

only:

only: in short, we should discipline our minds, so as to make them value that alone which is proper and conducive to health, and not think ourselves undone, when a simple and coarse meal is set before us. It was wisely said by one of the ancients, chuse that manner of living which is most reasonable, and custom will reconcile you to it.

A third observation is, that thin people are generally the most healthy; we should not, therefore, indulge our appetites with delicacies or high living (though we had it in our power) for fear of growing corpulent.

We should beware of such food, as may tempt us to eat when we are not hungry, and of such liquors as may intice us to drink when we are not thirsty. Such, it is true, may be used, when they become necessary to our nourishment or health; but we must take great care never to let those delicacies prevail with us to overcharge our stomach. The folly of those is very great, who out of mere vanity load themselves with dainties at great mens tables, that they may boast among their friends of those high priced rarities with which they were feasted; whereas it would be much more to their honour, if they could say they had such a command of themselves as to abstain from them.

Those who have a true taste for pleasure should, for the sake of that pleasure live temperately; because without temperance there can be no health, and without health we can relish no enjoyment. What avail the greatest delicacies to a sick stomach? Is not a good appetite the most exquisite sauce?

Although great fatigue, heat and cold, has been known to bring on fevers; yet we may observe,

observe, that those external causes rarely bring distempers upon such as are temperate, and free from any redundancy of humours. It is this redundancy that throws the body into stubborn diseases, just as stinking mud, agitated by external causes, taints the air and every thing that comes near it. Hippocrates says, " that a spontaneous weight and lassitude of the limbs forebode a distemper approaching." And whence proceeds this weight but from a plenitude which compresses the nerves? Unreasonable, therefore, is the practice of them, who think to remove this sort of weariness by eating and drinking plentifully, whereas abstinence and exercise are the true cure of it.

Though voluptuousness is considered as a destroyer of true pleasure, yet it is not intended to recommend an over-scrupulous and rigid abstinence, which exposes the body to many dangers, sinks the spirits, and disqualifies us for labour or pleasure, by making us timorous and perpetually suspicious of some bad design against us, and never permits us to perform any action with true courage and magnanimity. We must keep a medium between those two extremes, and, like skilful mariners, neither shorten our sails too much in fair weather, nor spread them too wide in a storm.

And as we must observe a moderation in diet, exercise and pleasure, so likewise our sleep must neither be too long nor too short: and even our dreams should be natural and easy; for when we find them absurd and frightful, we have reason to expect a fulness, or some bad disposition of the humours of our body. In the same manner, if any sudden causeless fear, or grief, or fretfulness, seizes us, it is more than probable that some malignant vapour from our distempered bodies mingles with our spirits and disorders them.

It

It would be of great moment towards the preservation of our health, if when we visit our friends under any illness, we should, without an air of curiosity or affectation of physical learning, kindly enquire, whether fatigue, abstinence, or any surfeit, had occasioned their illness, that so we ourselves might learn the necessity of temperance from the experience of others, and take care to avoid those excesses which were the cause of their misfortunes.

There are three things which appear to be chiefly conducive to health, *viz.* exercise, temperance, and a thorough acquaintance with our own constitution.

As to the exercise of men of letters, it is surprising to think what benefit they receive from reading aloud every day; we ought, therefore, to make that exercise familiar to us. What riding in an easy chariot is, compared with other exercises, the same is reading aloud compared with dialogue or conversation. The voice moves gently upon the thoughts of another, and glides smoothly along, without that vehemence which generally attends disputations. But tho' reading aloud is a very healthful exercise, violent vociferation may prove pernicious, as it has frequently been the cause of bursting some blood-vessel. It is carefully to be observed, that this exercise of reading aloud, or any other, must not be used immediately after repletion or fatigue, for such an error has proved fatal to many.

Idleness and sloth have always been looked upon as a plentiful source of distempers; and the man who thinks to procure himself health by indolence, is like him, who, by continuing always silent, hopes to mend his voice. Besides, the very aim and end of health, which is action, is destroyed by

by sloth: what is his health good for, who never does any thing to help himself or his friends?

Some have recommended walking after supper; others imagining that motion disturbed digestion, thought rest preferable. The rational views of both may be obtained by giving rest indeed to our bodies, but by entertaining our minds with chearful conversation, which will neither fatigue the spirits through close attention, nor occasion inconveniences of any kind; such as those agreeable and amusing questions in natural philosophy, history or poetry, which some call the desert at the entertainments of men of letters.

The second thing highly conducive to health is temperance in eating and drinking, and in all other gratifications of our senses. It were better to accustom ourselves from our youth to such temperance, as not to require much flesh meat; for it is heavy, and not always very easy to digest. Nature herself seems to have meant that it should be eat but moderately, by permitting the earth to yield abundance of wholesome vegetables for nourishment and sustenance, some of which may be eat as nature has produced them, and some dressed and made palatable a thousand ways.

The most noble of all liquors is wine; the most useful drink and most palatable medicine, and of all delicacies the most grateful to the stomach; but if we should happen to be scorched by heat, fatigued with business, exhausted with intense thinking, or seized with any feverish disorder, a glass of warm water only, or mixed with but little wine, will refresh us more than wine alone, which having a natural activity and heat, is apt to exasperate our disorder; whereas it is our business to mitigate such complaints by the softness and coolness of the water.

The third thing necessary to health is to be so well acquainted with our own constitution, as to know perfectly what agrees or disagrees with us. It is reported of the Emperor Tiberius, that he said it was shameful for any man past threescore to reach his hand to a physician to feel his pulse. This was a peevish expression; but still it may be thought reasonable, that a man should have some knowledge of his own pulse, because there is such a variety in pulses; and should be acquainted with his own temper of body, with respect to heat or cold; and should observe from experience what agrees with him and what does not.

People have learned to give directions to their cooks how they should prepare their food, but do not trouble themselves whether that food be wholesome or not; and provided their taste be gratified, health is quite out of the question. These are not the dictates of reason, especially when we consider the importance of health, and that this acquaintance with our own constitution is easily acquired by a little attention and care.



S E C T. XVI.

Of INOCULATION.

THE true reasons why inoculation is more safe than the natural infection, seem to be the three following;

1. Because the poison is communicated by incisions, from which a great part of its virulence is again discharged.

2. Because

2. Because the infection is (or ought to be) communicated to sound healthy bodies, properly disposed for its reception.

3. Because a proper regimen is observed in diet, and in guarding against cold, from the operation or first introduction of the matter, to the time of the eruptive fever, which cannot be observed in the natural seizure.

From these reasons it is obvious, that there is but very little preparation necessary for children receiving the infection, since their diet is commonly the most simple and wholesome. Physic is seldom required oftener than twice, and that with a view only of emptying the bowels; for which purpose any mild domestic purge, known by experience to agree with the children, will be sufficient; among which rhubarb is generally reckoned the safest. Opening a vein in children is unnecessary, unless they happen to be of a very florid complexion; and if they are bled, it should be sparingly.

The principal preparation for inoculation adults is, great temperance and a plain diet for some weeks; the body being all the while in perfect health. They should be purged three or four times gently; and, if of a full habit, a vein should be opened a day or two before the operation. If children or adults have issues, care must be taken to promote the discharge from them during the whole process.

In the proper management of inoculation, extreme prudence and precaution are absolutely necessary. The first favourable period is that before the children breed their teeth, while the several complaints are yet unfelt, and the humours are so mild, that an inflammatory distemper can scarcely rise to any degree of violence.

The next favourable period is after the breeding of the teeth is over, from four to seven years of age. The third period extends from seven years of age to puberty; and the fourth from puberty to one and twenty, which is commonly reckoned full growth. Every trial growing thus gradually more dangerous, as the solids of the body advance in stiffness, or the fluids in acrimony.

With respect to the condition: the patients, whether young or old, ought to be in perfect health and strength when they receive the infection; for this is one of the principal advantages that recommends inoculation. Grown up females should be inoculated three or four days after the menses are gone off.

The best season for inoculation is either the spring, when the weather begins to grow mild, from the beginning of April to the middle of May; or the autumn, from the middle of September to the end of October: but in cases of necessity, inoculation may be performed at any other time of the year, observing to keep the bed chamber moderately warm in winter and cool in summer.

The proper place for inoculating is that part of each arm where the deltoid muscle is inserted, and where issues are always cut. The incisions ought to be about an inch and an half in length, but superficial, and not so deep as to wound the *membrana adiposa*. To this wound must be applied a piece of cotton thread or fine lint, fraught with the varulous matter; over which must be laid a pledget of digestive, and then a snip of the most simple plaister, with a bandage just tight enough to keep on the dressing. Things may be left in this state for one or two nights, and then the whole may be taken off, and the sore dressed every day with digestive and the same simple plaister. Boils
and

and foul ulcers, which are sometimes consequent to inoculation, are occasioned by the incision's being made quite through the true skin.

The wound for the three or four first days remains nearly in the same state; but about the fifth day it begins to shew some signs of the distemper. The earliest intimation of the infection's taking place is a little itching, and some degree of inflammation about the incisions. Towards the seventh day, and sometimes sooner, the patient is seized with a chillness or shivering, complains of a weariness in the limbs, a pain in the fore part of the head, attended with a change of colour, and some other slight symptoms of a fever; and indeed experience obliges us to admit the seventh or eighth day as the most general term of invasion, and the ninth or tenth of eruption. The urine is also of a whey colour at the time of the eruption.

Bleeding at the nose, in a proper quantity, is no bad symptom in any stage of the disease.

Dr. Kirkpatrick says, children are apt to doze much, and to have a dewy moisture on the skin, previous to a generally benign eruption. They have also a frequent nausea, which makes them puke upon drinking or moving out of a decumbent posture; and after puking they are easier. And sometimes such flushings and redness, appear previous to, or a little after sickening, as would give dreadful apprehensions under the natural infection; but it is very usual for them to vanish, and a placid gentle eruption to ensue.

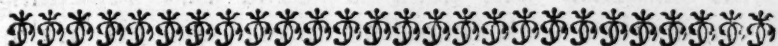
Great temperance and regularity of diet must be observed from the time of the operation to that of a perfect eruption. Flesh meat should rarely or never be eaten at this period; but rather light bread-pudding, or some mild vegetable, that is easy of digestion, suitable to the season of the year,

and agreeable to the constitution of the patient; unless he is faint or low spirited; then a little light white meat, and wine diluted with warm water, should be allowed. A stool ought to be procured, at least every other day, during that interval; not by purging physic, but by some gentle opening diet. A free and easy perspiration should be promoted, and every risk of catching cold carefully avoided. And, in case of convulsions, it will be proper to apply glysters, especially to children, where bleeding is generally detrimental.

The usual management of patients, from the time of the eruption to a final recovery, where the symptoms are favourable, is nearly the same with what has been recommended in the interval between the operation and eruption. But if the distemper should prove of a dangerous kind, such a regimen and medicines ought to be directed, as if the seizure had been in the natural way*. A vein, for instance, should be opened in a straitness of breath. Blisters should be applied in convulsions. If the fever runs, it may be proper to procure one stool a day, either by glyster or an opening cool diet. Where purple spots appear on the skin, the Peruvian bark is proper, and may be given without acids. When painful inflammatory tumours appear, or continue after the turn of the distemper, plentiful bleeding may be useful in facilitating a suppuration, when the patient is plethoric; but when he is weak or exhausted, the Peruvian bark will answer the same purpose better. After the pustules are quite dry, the patient should take some gentle physic, which, at the successive intervals of a few days, ought to

* The most faithful guides are, Sydenham, Boerhaave and Mead.

be frequently repeated. And lastly, the country air, under a proper regimen of diet and exercise, is of great use towards recovering the strength of such as are brought low by this disease.



S E C T. XVII.

C O N C L U S I O N.

THOSE who by birth or acquisition are possessed of a fortune, which makes them able, and of a disposition which makes them free to live as they please, having it in their power to put every rule into practice, that can conduce to the preservation of their health, are to blame if they neglect so great a blessing, which every man will know the value of, and deplore when he has lost it.

Those who either by choice are engaged to serve the public, or by poverty obliged to serve their families, and are not at liberty to bestow much time or care on their health, must make the best use they can of such opportunities as their engagements will afford them. Every condition has some vacant hours, which may be employed to the purpose of health.

The poor, if they are virtuous and cleanly, have great advantages over the rich with respect to health and long life, as the narrowness of their circumstances prompts them to labour, and withdraws all temptations to luxury.

The gifts of providence, which contribute to health and the real happiness of life, are more equally distributed than we are willing to believe; and perhaps a larger share of them is possessed by
men

men of low degree, than by those of high rank and great affluence. Moderate labour supplies a poor man with wholesome food, and at the same time gives him an appetite to relish, and strength to digest it, without gorging his lust, or inflaming his passions. His sleep is sound and refreshing, undisturbed with corroding cares; and his healthy and hardy offspring, nursed up in temperance, soon grow fit to partake of that labour, which made the parents happy. How different are the effects produced by sloth and luxury in the rich! To enable them to eat, their stomachs require high fauces, which heat and corrupt their blood, pamper their vicious inclinations, and render them subject to various diseases. The excess of the day destroys the sleep of the night; or they invert the order of nature, and turn night into day. Their children are tainted in their mother's womb with distempers, which affect their whole lives, and hardly permit them, diseased and increpid, to arrive at the threshold of old age. Besides an anxiety to obtain honours and titles perpetually harasses their weak minds, and the felicity of enjoying what they possess, is forfeited by the restless desire of getting more.

Next to temperance, the surest means to keep the affections of the mind in due subjection to reason is, to associate with wise and good men*, whose conversation and example is very prevalent in regulating the passions, which, unless they are taught to obey, will be sure to grow headstrong and imperious.

The following are the words of Galen, with which we shall conclude:

* The wife will become more wise (said Euripides) by frequently conversing with the wife.

“ I beseech all persons who read this treatise,
 “ not to degrade themselves to a level with the
 “ brutes or the rabble, by gratifying their sloth,
 “ or by eating and drinking promiscuously what-
 “ ever pleases their palates, or by indulging their
 “ appetites of every kind. But whether they
 “ understand physick or not, let them consult
 “ their reason, and observe what agrees and what
 “ disagrees with them, that, like wise men, they
 “ may adhere to the use of such things as conduce
 “ to their health, and forbear every thing which
 “ by their own experience they find do them
 “ hurt; and let them be assured, that by a dili-
 “ gent observation and practise of this rule, they
 “ may enjoy a good share of health, and seldom
 “ stand in need of physick or physicians.”

RECÉIPTS



RECEIPTS
FOR THE
CURE
OF MOST
DISORDERS
INCIDENT TO
MANKIND.

1. **A** GUE, take one pennyworth of frankincense, spread it on a linen cloth, about four inches wide, and grate about half a nutmeg on the frankincense, put the above on the pit of the stomach when the fit comes on.

2. AGUE, the cure; take first a vomit; the night following, take going to bed, one drachm
of

of Jesuits bark, and half a drachm of Venice treacle made into bolusses; wash them down with a glass of white wine, and the juice of lemon in it; take this dose for ten nights successively, then discontinue it for a week; after take it again for four nights, let the person avoid taking milk, or going in the air for an hour after rising, or in the evening after sun set.

3. OR, make six middling pills of cobwebs. Take one a little before the cold fit: two a little before the next fit: the other three, if need be, a little before the third fit.

4. OR, to cure; first vomit the sick person, by giving half a drachm of the powder of ipecacanha, and work it off with chamomile tea; then let the sick person take the following powder:

Of the best Peruvian bark powdered, one ounce; of Virginia snake root, and salt of wormwood, each one drachm; mix these well together, and divide them into eight doses, one paper to be taken every two hours in a glass of any liquid. This is a certain and infallible cure; but care must be taken to administer it only in the intervals of the fits; and it must be repeated for two or three days, about ten days after the first cure, or else the disorder will frequently return. In obstinate cases, removing into a drier air has been found of great service for persons of robust constitutions; after taking the ipecacanha vomit, a drachm of powder of myrrh to be taken an hour before the ague first comes on in a glass of sack.

5. OR, use strong exercise, (as riding or walking, as far as you can bear it) an hour or two before

before the fit. If possible, continue it 'till the fit begins. This alone will frequently cure.

1. **ASTHMA**, to cure; take syrup of lemons, and oxymell of squills, of each two ounces; compound piony water, balsam of Peru, two scruples: shake all these together, take a large spoonful every hour, for three or four times; but if you find no relief, take this mixture; of hyson water six ounces, gum ammoniacum, three drams; and three ounces of hystERIC water; one ounce of oxymell of squills: two large spoonfuls every hour.

2. **OR**, take a spoonful of quicksilver every morning, and a spoonful of aqua sulphurata, in a large glass of spring water at five in the evening, and at bed-time, 'till you are well.

3. **OR**, a pint of cold water every morning, washing the head therein immediately after, and using the cold bath once a fortnight.

ACHES; rub a little opodeldock upon the part affected, two or three times a day, wear a flannel upon it; and take twenty drops of volatile tincture of guaiacum, every night in a glass of water.

I. SAINT ANTHONY'S FIRE, let the sick person lose eight or ten ounces of blood, and repeat the bleeding more than once if the symptoms run high; apply to the part a pultice of white bread and milk, with a little hogs-lard in it; let the pultice be changed twice in a day; but flannels wrung out of a strong decoction of elder flowers applied warm affords the speediest ease and relief, and every other morning take the following purge, till the disorder is cured, viz.

Glauber's

Glauber's salt one ounce, manna half an ounce, mix and dissolve it in warm water for one dose.

The diet in this disease must be very low, chiefly water gruel, or at most weak broth; all strong liquors, even flesh meat, must be avoided.

2. Drink just so much sea water as does not vomit or purge, every morning for seven days: This is the proper measure, in whatever case it is taken.

1. APOPLEXY, in the fit, put a handful of salt into a pint of cold water, and if possible, pour it down the throat of the patient. He will immediately come to himself. So will one who seems dead by a fall.

2. OR, cupping in the nape and sides of the neck is always useful, provided the scarifications are deep enough to give a free passage to the blood; stimulating clysters and warm purges are also of service, as is the following electuary: Take half an ounce of powdered heath valerian, and one ounce and an half of conserve of orange peel, mixt together; make the dose the size of a nutmeg every four hours, dissolved in a tea cup full of rosemary tea, apply a strong blister to the back and the legs.

THE WANT OF APPETITE; drink chamomile tea every day; an hour or two before dinner.

BLOODY FLUX; take half a dram of rhubarb, dried at the fire and powdered, ten grains of prepared pearl, eight grains of purified nitre; mix the whole into a powder every morning and evening; after this has done working, take the following

lowing draught at going to bed. Take one ounce of mint and milk waters, a dram of syrup of quinces, a scruple of venice treacle, half a dram of prepared red coral, fifteen drops of liquid laudanum.

1. SPITTING BLOOD, take half a pint of stew'd prunes, at lying down, for two or three nights.

2. OR, four spoonfuls of juice of nettles every morning; and a large cup of decoction of nettles at night, for a week.

3. OR, take red rose leaves dried, half an ounce, twenty drops of oil of vitriol, one ounce and an half of refined sugar, and pour two pints and an half of boiling water on these ingredients in an earthen vessel; let it stand to be cold, and take half a quarter of a pint frequently. In this disorder, frequent bleeding in small quantities is proper, not exceeding four, or at the most six ounces at each time, according to the strength of the sick person.

BLEEDING AT THE NOSE, apply to the back part and the sides of the neck, a linen cloth dipt in cold water, in which salt prunella has been dissolved. In very obstinate cases, bleeding in the foot is useful. Internally, the quantity of a nutmeg of the following electuary may be taken three or four times in a day. Take the seeds of white henbane, and white poppies, each half an ounce, conserve of roses three ounces, and mix them into an electuary with syrup of diacodion.

VOMITING BLOOD, take three spoonfuls of sage juice in honey; or two spoonfuls of nettle juice,

juice, this last will dissolve blood coagulated in the stomach.

POWDER TO STOP BLEEDING, take puff balls gathered in autumn, and save the powder contained in them, apply it to the wound on some lint, if the part admits of it, make a tight bandage.

OINTMENT FOR A BURN, take one ounce each of yellow basilicon, ointment of elder, and ointment of white lead, with camphire, mix them well together, and dress once a day.

TO RAISE BLISTERS, take a handful of cows foot, half a spoonful each of flour of mustard and vinegar, beat them well together.

1. **A BRUISE**, immediately apply treacle spread on brown paper.

2. **OR**, rub it with one spoonful of oil of turpentine, and two of neats-foot-oil.

TO PREVENT SWELLING FROM A BRUISE, immediately apply a cloth, five or six times doubled, dipt in cold water, and new dipt when it grows warm.

SORE BREASTS AND SWELLED, boil a handful of camomile and as much mallows in milk and water. Foment with it between two flannels as hot as can be borne every twelve hours. It also dissolves any knob or swelling in any part.

HARD BREASTS, apply turnips roasted 'till soft, then mash'd and mixt with a little oil of roses.

Change this twice a day, keeping the breast very warm with flannel.

BOILS, apply a plaister of diachylon with the gums, one ounce every day, till they are cured, few doses of cooling physic is proper to be taken, to prevent a return.

CHILBLAINS, on their first appearance bathe them with snow water, or hold them over the steam of boiling vinegar; but when they break and become sores, apply a dressing of yellow basilicon mixed with a few drops of spirits of turpentine and spread on fine lint; the limb must be kept warm, and if they are obstinate, a sparing diet must be observed.

CHOLICK, take two ounces of Daffy's elixir, and repeat it as occasion may require; or half a drachm of powder of rhubarb toasted a little before the fire.

CONVULSIONS IN CHILDREN, take one ounce each of rue and penny royal water, one dram of syrup of saffron, six grains of volatile salt of hartshorn, fifty drops of the tincture of assaetida; applying the above to the nose every half hour.

The following mixture I would advise to be kept ready in the house for their children that are subject to fits; take two ounces each of rue and milk water, one ounce of mint water, six drams of piony water, one dram of each of tincture of assaetida and spirit of lavender, give a spoonful of this to the child when the fit is coming on, and to be repeated during the fit is on, and a clyster of
of

of chicken broth, with a little oil and sugar given occasionally.

COSTIVENESS, take two ounces of milk water, two drams of manna, one ounce of sweet almonds, shake it up and drink it cold every night.

A CANCER IN THE BREAST, of thirteen years, was cured by frequently applying red poppy water, plantane and rose water, mixt with honey of roses. Afterwards the waters used alone perfected the cure.

1. CONVULSIONS IN CHILDREN; give three or four drops of the tincture of wood foot, or a few hartshorn drops in a tea spoonful of water frequently. A blister applied to the nape of the neck is also serviceable.

2. OR, scrape piony roots fresh digged. Apply what you have scraped off to the soles of the feet. It helps immediately.

1. CONSUMPTIONS, take a spoonful of syrup of fox-glove, morning and evening.

2. OR, turn a pint of skim'd milk with half a pint of small beer. Boil in this whey, about twenty ivy-leaves, and two or three sprigs of hyssop, drink half over night, the rest in the morning. Do this, if needful, for two months daily.

3. OR, take a cow-heel from the tripe-house ready drest, two quarts of new milk, two ounces of hartshorn shavings, two ounces of isinglass, a quarter of a pound of sugar candy, and a race of ginger. Put all these in a pot; and set them

in an oven after the bread is drawn. Let it continue there 'till the oven is near cold; and let the patient live on this.

4. OR, a milk diet, riding on horseback, country air, and bleeding frequently in small quantities, at each time taking away not more than six ounces of blood, are the most efficacious remedies in this distemper; snails boiled in milk have sometimes been of service, as is also the Peruvian bark, when it does not occasion a purging.

1. A COUGH, every cough is a dry cough at first. As long as it continues so, it may be cured by chewing immediately after you cough, the quantity of a pepper corn of peruvian bark. Swallow your spittle as long as it is bitter, and then spit out the wood. If you cough again, do this again. It very seldom fails to cure any dry cough. I earnestly advise every one who has any regard for his health to try this within twenty-four hours, after he first perceives a cough.

2. OR, drink a pint of cold water lying down in bed.

3. OR, mix an ounce of linseed oil, with an ounce of white sugar candy powder'd, and take a tea spoonful whenever the cough comes.

4. OR, make a hole thro' a lemon and fill it with honey. Roast it, and catch the juice. Take a tea spoonful of this frequently.

AN ASTHMATIC COUGH, take spanish liquorice two ounces, salt of tartar half an ounce: boil the liquorice in three pints of water to a quart. Add the

the salt to it when it is blood warm. Drink two spoonfuls of this every two hours, it seldom fails.

COUGH, take two ounces of syrup of balsam and oil of sweet almonds, four ounces of barley water, and thirty drops of spirits of sal volatile, shake them together, and take two large spoonfuls when the cough is bad, if this does not remove it bleeding is necessary.

1. **CORNS**, cut them as close as you can, then bind a leaf of house leak over each corn daily, for four or five days and they will go away.

2. **OR**, after soaking them for a considerable time in warm water, pare away carefully with a penknife the uppermost and hardest surface, then apply a plaister of green wax, or diachylon with the gums, spread on thin leather; repeat this method a few times, and it will seldom fail.

1. **CHILBLAINS**, to prevent, wash the hands, or part affected with flour of mustard.

2. **OR**, apply salt and onions pounded together; or a poultice of roasted onions hot, keep it on two or three days if not cured sooner.

CHINCOUGH; see **HOOPING COUGH**.

The CRAMP, to prevent, tie your garter smooth and tight under your knee at going to bed.

THE DROPSY; take fifteen grains of gamboze, ten grains of cream of tartar and syrup of buckthorn sufficient to make it into a bolus, to be taken early in a morning once a week.

1. **DEAFNESS**;

1. DEAFNESS; syringe the ears well with some warm milk and oil, then take a quarter of an ounce of liquid opodeldoch, and as much oil of almonds; mix them well, and drop a few drops into each ear, stopping them with a little cotton or wool; repeat this every night going to rest.

2. OR, syringe the ear with warm sage tea, or be electrified thro' the ear.

DRY BELLY ACH; give frequently the following clyster: take dry'd mallow leaves an ounce; chamomile flowers, and sweet fennel seeds, of each half an ounce; water, a pint; boil it for use. Take half a pint of this decoction, and add two spoonfuls of sweet oil, and half an ounce of Epsom salt; mix it for a clyster to be repeated frequently. The warm bath is of the utmost service in this disorder, as is also balsam of Peru given inwardly from twenty to forty drops in a spoonful of powdered loaf sugar, three or four times in a day.

REMEDY TO HASTEN DELIVERY; take castor and saffron of each ten grains, borax one scruple, oil of cinnamon one drop: make it into a powder to be taken in a little mountain wine, it is useful to keep up the spirits and assist the pains in labour.

REMEDY AGAINST PAINS AFTER DELIVERY, take spermaceti and white sugar of each two scruples, make it into powder, then add laudanum ten drops, mix it to be taken in a little warm gruel soon after delivery, and it will be a great help to a woman after hard labour.

DROWNED, rub the trunk of the body all over with

with salt. It frequently recovers them that seem dead.

DIABETES; take of the shavings of sassafras two ounces, guaiacum one ounce, liquorice root three ounces, coriander seeds, bruised, six drachms; infuse them cold in one gallon of lime-water for two or three days, the dose is half a pint three or four times in a day. Or four ounces of alum whey, (which is prepared by boiling four pints of milk over a slow fire, with three drachms of alum, till it is turned into whey) may be taken three times in a day.

1. SIR HANS SLOANE'S CURE FOR SORE EYES; take one ounce of tutty prepared, two scruples of bloodstone finely levigated, twelve grains of succotrina aloes, five grains of pearl prepared, vipers fat enough to make an ointment, then anoint the eyes with this by drawing a camel's hair pencil dipt in it between the eye-lids twice a day.

2. EYE WATER; take rose water two ounces, compound powder of ceruse two scruples, mix and drop a few drops twice a day in the eye, it cures defluxions of the eyes, salt humours, and strengthens the sight.

3. EYES INFLAMED; beat up the white of an egg with two spoonfuls of white rose water into a white froth, apply this on a fine rag changing it so as it may not grow dry till the eye is well.

4. AN EXCELLENT EYE WATER; heat half an ounce of lapis calaminaris red hot, and quench it in half a pint of French white wine, and as much
white

white rose water: then pound it small and infuse it. Shake the bottle when you use it. It cures foreness, weakness, and most diseases of the eye. I have known it cure total blindness.

5. WHITE SPECKS IN THE EYE; going to bed, put a little ear wax on the speck. This has cured many.

EAR-ACH; the smoak of tobacco blown into the ear is excellent.

FAINTING; apply to the nostrils and temples some spirits of sal armoniac, and give a few drops in a wine glass of water inwardly.

1. FALLING SICKNESS; take four drops of laudanum fasting, for six or seven mornings. This has cured many.

2. OR, use an entire milk diet for three months: it seldom fails.

1. A FEVER; drink a pint and a half of cold water lying down in bed: I never knew it do hurt.

2. OR, a large glass of tar water warm every hour.

3. OR, the best of all juleps in a fever, is this: toast a large thin slice of bread, without burning; put it hot into a pint of cold water; then set it on the fire 'till it is pretty hot. In a dry heat it may be given cold; in a moist heat warm; the more largely the better.

4. AN

4. AN INTERMITTING FEVER; drink warm lemonade in the beginning of every fit: it cures in a few days.

5. OR, take a tea spoonful of oil of sulphur in a cup of balm tea, once or twice a day.

1. FOR HOT BURNING FEET; take black and soft soap, an equal quantity, and well mix them together, then spread it upon the socks or pieces of linen cloth, to be worn next the feet and renewed every day till cured; but remember to bathe your feet first with white wine vinegar, a few times will cure.

2. OR, put fresh alder leaves into your shoes, renewing them every day till cured.

3. OR, FEET THAT ARE OFFENSIVE, AND STINKING TOES, rub them daily with powder of myrrh, or powder of benjamin.

FISTULA, take a quarter of a pound of elecampane root, three quarters of a pound of fennel seeds, and a quarter of a pound of black pepper; pound these seperately and sift them through a fine sieve; take half a pound of honey, and half a pound of powder sugar, melt the honey and the sugar together over the fire, scumming them continually till they become bright as amber; when they are cool, mix and knead them into your powder, in the form of a soft paste. The dose is the size of a nutmeg, morning, noon, and night, drinking a glass of wine or water after it; if it does not succeed, immediate recourse must be had to a skilful surgeon.

I. GRAVEL

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I. GRAVEL

1. GRAVEL AND STONE; take one pound of calcined oyster shells, and pour thereon twelve pints of boiling water, strain it when cold, and take half a pint mixed with a little new milk three times in a day, gradually increasing the quantity, till it amounts to four pints a day. If the patient is costive, two ounces of manna dissolved in a quart of whey, should be taken for one dose, once or twice every week.

2. FOR THE GRAVEL IN THE KIDNEYS; take one ounce and a half of lenitive electuary, half an ounce of venice turpentine, two drams of cream of tartar, mix them, and take about the size of a nutmeg twice a day with half a pint of barley water. Or, marshmallow root tea.

3. THE GRAVEL AND STONE; shave thin four ounces of castile soap, one dram of oil of aniseed and juniper berries, mix them, and take a dose the bigness of a nutmeg every night and morning, and drink an ale glass of lime water after it; it may be sometime before the effects will be visible, but by continuance is a certain cure.

1. GLYSTER FOR CHILDREN; take six spoonfuls of milks, one spoonful of syrup of roses, six drops of oil of aniseed, mix them for a glyster, this may be given young children with safety.

2. OR, take common mallows and camomile flowers, of each an handful; quarter of an ounce of aniseed, boil these in a pint of water till it comes near an half pint, then strain it off for use, add four spoonfuls of olive oil, two ounces of brown sugar, and a large spoonful of salt, you have hear a good common glyster.

1. GOUT;

1. GOUT; when the fit is off take an ounce and an half each of conserve of roses and Venice treacle, six drams of peruvian bark, syrup of cloves, enough to make the whole in electuary: take a pill of this every night and morning as large as an horse bean.

2. OR, take three ounces of honey, two ounces of Ætherial oil, mix them well together, take a small spoonful twice a day, this is good in rheumatic and gravelly disorders.

3. OR, rub the part with warm treacle, and then bind on a flannel smear'd therewith. Repeat this, if need be, once in twelve hours. This has cured an inveterate gout in thirty-six hours.

GREEN SICKNESS; take thirty drops of the tincture of black hellebore, two or three times in a day, in a glass of water or wine, using moderate exercise; chalybeat waters are also of service; and bleeding in the foot about the time of menstruation.

GRIPES; take half a drachm of powdered rhubarb, and toast it a little before the fire, then add a little powder of ginger to it, and mix it for one dose, to be repeated as occasion requires, or take a wine glass of Daffy's elixir.

GIDDINESS; take twenty drops of tincture of castor in a glass of water two or three times in a day; or from a scruple to a drachm of powder of valerian root, three or four times in a day: when this disorder proceeds from too great a fulness of the vessels of the head, bleeding will certainly give relief.

1. SCALD HEADS ; take tar four ounces, bees wax a quarter of an ounce, melt them together, and before its cold stir in it an ounce of sulphur vivum in fine powder, rub the head over night and morning, and lay a bladder over it.

- 2. HEADACH ; or apply leeches behind the ears, and take twenty drops of tincture of castor in a glass of water frequently : if this fail take a scruple of pil. rufi every night going to rest for a week or ten days.

HOARSENESS ; take as much as will lie on a shilling of the following powder, three or four times in a day : take sperma ceti and sugar candy, of each equal parts, and make them into a fine powder, or a tea spoonful of barbadces tar in a glass of old rum, every night going to rest. Three or four wellfleet oysters swallowed early in the morning fasting, afford surprising relief in this complaint.

HEARTBURN ; take forty drops of the oil of tartar per deliquium ; mix these in a glass of water with a little sugar, and drink it off, or take two drams of spirit of sal armoniac and tincture of salt tartar, mix them together, and take twenty-five drops every three hours in a glass of water.

1. HOOPING COUGH ; boil a good handful of dried coltsfoot leaves cut small in a pint of spring water till about one half is boiled away, strain the liquor through a cloth and squeeze the herbs as dry as you can ; dissolve in the liquor an ounce of brown sugar-candy, and give the child (if it be but three or four years old, and so in proportion) a spoonful of it cold or warm, according to the season

season of the year, three or four times a day, or oftener, till the violence of the distemper is abated ; or the child may take from five to twenty drops, according to its age, of elixir asthmaticum three or four times a day ; a gentle vomit should precede the use of either of these remedies ; and, in very bad cases, a blister applied to the nape of the neck will be necessary ; bleeding is highly improper in this disorder.

2. OR, rub the feet thoroughly with hog's-lard, before the fire, at going to bed, and keep the child warm therein.

3. OR, rub the back at lying down with old rum. It seldom fails.

HYSTERICIS ; see NERVOUS DISORDERS.

THE JAUNDICE ; take venice soap half an ounce, oil of anniseeds sixteen drops ; mix them well together, and make it into middle sized pills. The dose is three or four, two or three times in a day : if costive, half a drachm of rhubarb must be taken in the morning twice in a week.

1. ITCH ; get one pennyworth of quicksilver and oil of bals ; and rub all your joints and between your fingers and toes, when you go to bed for two or three times.

2. OR, take hog's lard a quarter of a pound, an ounce of flower of brimstone, oil of lemons forty drops, two drams of powder of ginger ; anoint all the parts where the pimples are at going to rest.

3. OR, take an ounce of powder of white
I 2 hellebore,

hellebore, and four ounces of hog's-lard, mix them into an ointment and used as before.

4. OR, one pennyworth of stone brimstone, powdered, and mixed with fresh butter from the churn, and rub it all over the body and joints, at going to bed, for two or three nights; but first its most proper to take two or three mornings before, a large spoonful of flower of brimstone in new milk, which will throw the infection out.

INFLAMMATION; take away ten or twelve ounces of blood, and repeat it if necessary; give cool purgings, and apply to the part a poultice of bread and milk, with some ointment of elder in it.

INDIGESTION; take a large spoonful of tincture of hiera picra every day, an hour before dinner; or from ten to twenty drops of acid elixir of vitriol, in a glass of water, two or three times in a day. Pyrmont, and spaw waters are also very efficacious in removing this complaint.

KING'S EVIL; drinking sea water is very good for this disease.

LOOSENESS; take ten grains of rhubarb powdered and toasted, two scruples of diascordium, one drop of oil of cinnamon, mix them together in a bolus, this taken once a day for two or three days following will not fail.

THE LEGS INFLAMED; apply fuller's earth spread on brown paper: it seldom fails.

LIP SALVE; take one drachm of orange butter,
half

half a drachm each of jessamine, sperma-ceti, and tincture of coral; twenty drops of honey water; grind all these well together in a marble mortar, and use it morning and evening.

MEASLES; first bleed the sick person, then let him or her drink plentifully of the following decoction: take pearl barley, raisins and figs, of each two ounces; stick liquorice bruised half an ounce; boil them in four quarts of water 'till it comes to two quarts; strain it for use, and add a quarter of an ounce of salt prunella. You must purge often after this disorder, and the diet and management must be the same as in the small pox.

SORE MOUTH, and is good for the Scurvy in the gums and fastening the teeth, viz. take an ounce of each of simple tincture of myrrh and honey of roses, two ounces of rose water, mix them, and wash the mouth well with a spoonful often.

MENSES OBSTRUCTED; take half a pint of decoction penny royal every night at going to bed. Or a tea spoonful of columbine seeds powdered, twice a day. Or boil five heads of hemp in a pint of water to half, strain it, and drink it going to bed, two or three nights.

MISCARRIAGE; to prevent miscarriage, bleeding is useful and necessary, about the third month of pregnancy, more or less, according to the constitution of the woman with child. The body should also be kept open with manna or rhubarb, in the first months especially; and all violent exer-

cise must be shunned, and the passions must be kept under.

MORTIFICATION, or GANGRENE; foment the part every night and morning with hot flannels wrung out of the following fomentation: take tar water a pint, and dissolve in it half an ounce of crude sal armoniac; then add three ounces of camphorated spirits of wine. Afterwards apply a poultice of stale beer grounds and oatmeal, moistened with a little hog's lard: when the part begins to suppurate, apply under the poultice a dressing of black basilicon inwardly. Take a drachm of the best peruvian bark in fine powder, every four hours, in a gill of mountain wine.

NERVOUS DISORDERS; country air, exercise, and cold bath; or take simple pepper mint water twelve ounces, one ounce of powdered valerian, and half an ounce of lavender drops; mix them together, and take three large spoonfuls, two or three times in a day, and also apply to the navel a large galbanum plaister.

N.B. This is a good remedy in the **HYSTERICs**.

1. WOMANS SORE NIPPLES; take one ounce of oil of almonds, the yolk of an egg, and mix them well together, then add one dram of borax in fine powder; and rub it over the effected part twice a-day.

2. CHAPT NIPPLES; anoint them with sweet oil and of bees wax, equal parts of each. Or dab them with a little hungary water:

OLD ULCERS; take a quarter of a pound of
basi-

basilicon, and an ounce and an half of oil of olives, and mix therewith half an ounce of verdigrease; dress the sore with this ointment, spread upon a little tow, after fomenting it well with a decoction made of chamomile flowers, and mallow leaves, and take frequently a dose of cooling physick, and live regularly.

1. CATAPLASM TO EASE PAIN; take white bread and milk a sufficient quantity, with an handful of mallows cut fine, boil it to the consistence of a poultice, soften it with hog's lard or elder ointment, apply it warm to the part, and renew it often as it grows dry.

2. PAIN IN THE BOWELS; take a pint of red port wine, a quarter of an ounce of mace and nutmeg each, and boil them gently about ten minutes, and foment the belly with it as warm as it can be suffered.

PILES; take two ounces of lenitive electuary, one ounce of flour of sulphur, half an ounce of saltpetre, as much of syrup or clarified honey that will make an electuary, take a tea spoonful twice a day, with a draught of mallow tea, or cheese whey.

PLEURISY; bleed frequently till the pain abates; apply a blister to the side, and take half a pint of the following infusion twice a day: take fresh horse-dung six ounces, and pour on it a quart of boiling penny-royal water; strain it when cold, add a quarter of an ounce of Venice treacle; and mix it for use.

3. To

1. TO ONE POISONED; give one or two drams of distilled verdigrease: it vomits in an instant.

2. OR, let one poison'd with mercury sublimate, dissolve an ounce of salt of wormwood in a gallon of water, and drink largely of it. This will intirely destroy the force of the poison, if it be used soon.

3. POISON TO EXPEL; milk mixed with fallad oil, or either of them alone, drank in large quantities, so as to occasion a plentiful discharge by vomit, yield the most certain relief, and therefore should be administered to persons who are suspected to have taken any kind of poison, as soon as possible, and must be continued to be drank plentifully, 'till the violence of the symptoms are abated, and the sooner it is given the better.

PALSY; perpetual blisters are serviceable, and the following drops have frequently afforded great benefit: take sal volatile drops half an ounce; lavender drops, and tincture of castor, a quarter of an ounce each; mix them together: the dose is forty drops frequently in a glass of wine and water; or half a dram of wild valerian root in powder, may be taken three times in a day. The diet should be warm and attenuating.

SCALD HEAD; first shave, then cover the head with a pitch plaister spread on leather, and give inwardly one grain of calomel, made into a pill, with a little conserve of roses, every night going to rest, and a dose of cooling physick twice in a week.

FOR BURNS; take May butter unsalted, and white wax, of each six ounces, oil of olives half a pint, lapis calaminaris one ounce and an half; melt the wax and butter with the oil, and stir in the lapis calaminaris finely powdered, till it is too hard to let it settle. This is an excellent ointment for the above purposes, and is to be applied once a day spread on a fine linen rag.

1. SCIATICA; many have been cured in four or five days, only by drinking half a pint of cold water daily, in the morning, and at four in the afternoon.

2. OR, apply pounded roots of burdock and of elecampane cold. This usually cures, if kept on twenty-four hours; but it gives pain.

3. OR, boil nettles 'till soft. Foment with the liquor, then apply the herb as a poultis. I have known this cure a sciatica of forty-five years standing.

STING OF A BEE; apply honey.

STING OF A WASP; rub the part with bruised leaves of house leek or rue, or bruised onions.

STITCH IN THE SIDE; apply treacle spread on an hot toast.

STITCHES THAT ARE VIOLENT; drink decoction of nettles, and apply the herbs hot.

STOMACH PAINS; take five or six corns of white pepper, and swallow them for six mornings.

1. To

1. TO DISSOLVE WHITE OR HARD SWELLINGS; take white roses, elder flowers, leaves of fox-glove and of St. John's wort, an handful of each: mix with hog's-lard, and make an ointment.

2. A WHITE SWELLING ON THE JOINTS; hold the part half an hour every morning, under the stream that falls from a mill; or under a pump or cock. This cures also any pains in the joints. It seldom fails.

1. TOOTHACH; get a piece of saltpetre the size of an horse bean, and apply to the aching tooth, teeth or gums, and in a few minutes you'll find relief.

2. ANOTHER RECEIPT; take half an ounce of spirits of nitre; one drachm of allum, three ounces of spring water mixed well together, and tincture with cochineal, and apply to the teeth.

3. OR TO CLEAN AND WHITEN THE TEETH; and if done every morning will prevent the tooth-ach. Take the white ashes that remain in a pipe after the tobacco is burnt out, and rub your teeth with it on a soft rag, when you get up in a morning, then wash your mouth after with cold water.

4. TOOTHACH; take spirits of wine half an ounce, opium cut small twelve grains, let it stand till the opium is dissolved; then add two drams of camphire, and forty drops of the oil of box, mixed. Or apply to the tooth an artificial magnet.

5. TEETH, DIFFICULT CUTTING OF; if the child is costive, a few grains of rhubarb mixed with

with an equal quantity of magnesia alba, according to its age and strength, must be given every night in a little pap; hartshorn drops in the quantity of three or four drops in a spoonful of water, are proper three or four times in a day: if this method does not give relief, the gums must be lanced to give opportunity for the tooth to make its way.

THIRST UNQUENCHABLE; a quart of water mixed with an ounce or two of wine vinegar will make an agreeable drink, and has been known to extinguish the most violent thirst after other liquors have been tried in vain.

TETTERS OR RINGWORM; take oil of almonds and oil of tartar of each equal, shake the vial, and anoint the parts affected.

1. THRUSH; rub the child's mouth with a linen rag dipt in the following mixture; take honey of roses an ounce, oil of vitriol six drops, mix them together; or the child's mouth may be frequently washed with a decoction of elm bark.

2. THRUSH; take three drams of powder of japan earth, boil it in twelve ounces of lime water till it comes to ten, strain it off, and add two ounces of honey of roses, one scruple of sugar of lead, take two large spoonfuls several times a day, but its best to be held in the mouth a little, then swallow it gently down.

1. AN EASY AND SAFE VOMIT; boil half a handful of artichoke leaves in a quart of water. The more you drink of warm water after it the better.

2. OR,

2. OR, a dram and a half of primrose-root powdered : it is best if gathered in *August*.

3. OR, infuse three drams of radish-seed in a quart of warm water for twelve hours. Squeeze off the water, and take it.

4. OR, pour a dish of tea on twenty grains of ipecacuanha. You may sweeten it, if you please. When it has stood four or five minutes, pour the tea off clear, and drink it.

1. TO STOP VOMITING ; if the vomiting be not the effect of a medicine ; after every vomiting drink a pint of warm water.

2. OR, apply a large onion slit to the pit of the stomach.

3. OR, take a spoonful of lemon-juice, and six grains of salt of wormwood.

TO PREVENT THE BITE OF A VIPER ; rub the hands with juice of radishes.

1. AN ULCER ; dry and powder a walnut-leaf, and strew it on, and lay another walnut-leaf on that.

2. OR, boil walnut-tree leaves in water with a little sugar. Apply a cloth dipt in this, changing it once in two days.

3. OR, foment morning and evening with a decoction of walnut-tree leaves, and bind the leaves on. This has cured foul bones : yea, and a leprosy.

RETEN-

1. QUINSEY; swallow slowly white rose water, mixt with syrup of mulberries.

2. OR, juice or jelly of black currants, or decoction of the leaves or bark.

1. THE RHEUMATISM; rub in warm treacle and apply to the part a brown paper smeared with it, change it in twelve hours.

2. OR, steep six or seven cloves of garlick, in half a pint of white wine, drink it at going to rest, it sweats, and often cures at once.

3. OR, take half a drachm of powder of gum guaiacum in a draught of warm ale, at going to bed, to be more cloaths on the bed then usual, keep this method a few nights, and the party will find relief; bleeding is of service in plethoric constitutions.

4. RHEUMATISM; A REMEDY TO RESTORE THE STRENGTH AFTER; make a strong broth of cow heels, and wash the parts with it warm twice a day. It has restored one who was quite a cripple, having no strength left either in his leg, thigh, or loins.

GALLED; OR, THE SKIN RUBBED OFF IN RIDING; take two ounces of spirits of wine, a dram each of camphire and white lead in powder, sugar of lead ten grains, wash the parts with it often.

RED GUM; to cure, take two ounces of milk water; two drams of compound piony water, three drams of syrup of saffron, forty-five drops each of tincture of virginian snake root, and tincture of

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castor,

castor, a spoonful of this to be taken every seven hours, and let the child be kept warm.

RICKETS IN CHILDREN, to prevent or cure; wash the child every morning in cold water. Or give the child two grains of ens veneris, dissolved in a spoonful of wine and water, every night; to this must be joined cold bathing, frictions of the back, exercise, and a strengthening diet.

RUNNING AT THE NOSE; snuff up a tea spoonful of spirit of hartshorn.

1. **RUPTURE IN CHILDREN**; boil a spoonful of egg-shells dried in an oven, and powdered, in a pint of milk to three quarters of a pint. Feed the child constantly with bread boiled in this milk.

2. **A WINDY RUPTURE**; warm cow dung well, spread it thick on leather, strewing some cummin seeds on it, and apply it hot; when cold, put on a new one, it commonly cures a child by keeping his bed in two days.

3. **RUPTURE IN GROWN PERSONS**; take agrimony, spleen-wort, solomon's seal, strawberry-roots, an handful of each; boil them two hours in two quarts of white wine, in a vessel close stoppt, strain and drink a large glass every morning, and an hour after drink another, it often cures in a fortnight, a truss is of great service in the mean time.

RETENTION OF URINE; take a quarter of an ounce of nitre, a drachm of volatile salt of amber, a quarter of an ounce of powder of egg-shells, and half an ounce of fine sugar; mix them together:

ther: the dose is as much as will lie on a shilling, two or three times a day.

SMALL-POX; the person affected must be kept in bed, and care taken to keep the winter cold out by proper means, and in the summer not to be kept too close, for air is needful, but not to be kept too cold, for that may check the eruption: as to diet it ought to be cooling, such as milk and water, mixt with a little bread; or milk pottage, or water gruel at the beginning, this keeps the body open, stew'd prunes are very good for drink, or apples boiled in milk; if the patient has the pox very bad and dont come out kindly, its proper to give some nourishment to bring the pox to an head, such as rhenish wine mixed with a little spring water, or white wine whey, this is of great service.

SMALL-POX AND PLAGUE; take three heads of garlick, one drachm of essence of wormwood, infuse them twelve hours in four ounces of white wine, and drink the liquor; then you may go with safety amongst them.

SWEATING too much in nights or days; take twenty drops of acid elixir of vitriol in a glass of water two or three times a day.

STONE; see GRAVEL.

I. SORE THROAT; all evacuations which lessen the strength, particularly bleeding and purging, and all cooling medicines, are highly prejudicial. The hot steam of a boiling mixture of vinegar, myrrh and honey, is to be received into the throat, through an inverted funnel; this cannot be used

too frequently. The decoction of the peruvian bark, made by boiling an ounce of bark in a pint and an half of water, till it comes to half a pint, and adding a drachm of acid elixir of vitriol, is the best medicine in this disorder, if given a tea cup full, every four hours.

2. OR, a flannel sprinkled with spirits of hartshorn to the throat, rubbing hungary water on the top of the head.

3. SORE THROATS; black currants jelly is a very good remedy for a sore throat.

SCURVY; take tar water, morning and evening, for two months. Or, take one ounce of acid elixir of vitriol, and one ounce of tincture of peruvian bark, mix them together; a tea spoonful is to be taken twice in a day in a glass of water. A decoction of the tops of the spruce fir may be taken, the quantity of half a pint, twice in a day. Bathing in the sea, and drinking sea water are of infinite service.

SHINGLES; take two ounces of white diachylon, two ounces of sweet oil, and half an ounce of vinegar; mix them together for a liniment, which spread on a piece of fine linen and apply to the part affected, repeating it as occasion requires; this, with two or three doses of Glauber's salt and a cooling and spare diet, will entirely remove this complaint.

SPRAINS; after fomenting with warm vinegar, apply a poultice of stale beer grounds and oatmeal, with a little hog's lard, every day till the pain and swelling are abated; then apply a strengthening plaister. Observing the following rules,

rules, will much shorten the cure: let the person stand three or four minutes at a time on both his feet, and sometimes move the strained foot; and when sitting with his foot on a low stool, let him move it this way or that as he can bear it; let the strained part be gently rubbed with a warm hand several times in a day, which will contribute very much to contract the over-stretched vessels, and recover a due circulation of their fluids through them.

2. CATAPLASM FOR RECENT STRAINS; take bran and vinegar, sufficient of each to make a poultice, and apply it cold, and renew it as often as it grows dry, this will give great relief if used soon after the accident, but opodeldoch is proper to be used in three or four days to compleat the cure. Or spirits of wine is a good thing for strains.

FOR STRENGTHNING; take of the pectoral decoction without salt petre a quart, a pint of water, two ounces of peruvian bark in powders, boil it until a pint is boiled away, then strain it off, add six spoonfuls of brandy; take four large spoonfuls three times a day, this is an excellent medicine for hectic fevers, night sweats, and consumptions.

STRANGURY; take half a drachm of camphor, a scruple of powdered gum arabic, liquid laudanum five drops, with a sufficient quantity of turpentine to make it into a bolus, to be taken night and morning, drinking a draught of marshmallow tea after each dose.

1. WORM PLAISTER; take mercurial plaister and socotorine aloes, venice turpentine of each

two drams, melt the mercurial plaister, and the turpentine together, and stir in the aloes in powder, then spread it on leather whilst warm, sprinkle over it ten grains of bitter apple in powder, and applied to the navel and renewed occasionally.

2. WORMS; take a spoonful of salt in a glass of water every morning.

3. OR, a tea-cup full of strong infusion of peach-leaves, sweetened with honey, fasting an hour after.

WATERY GRIPEs IN CHILDREN; take half a drachm of magnesia alba, and half a drachm of rhubarb, mix them together, and give the child three or four grains in its pap every morning and evening. Or take a spoonful of hemp seed, and boil it in half a pint of water, sweetened with sugar. This will also cure the cholic in grown persons.

TO DISPEL WIND; take angelica seed, parsley and caraway seed of each equal, powder them, and with syrup, make them into electuary, and take a tea spoonful twice a day with a draught of chamomile flower tea.

WHITES; apply a large strenthning plaister to the small of the back, and take a quarter of a pint of this decoction, every night and morning: take cow's milk half a pint, and boil in it one handful of archangel flowers, and a bit of cinnamon, strain it for use. In obstinate cases, bathing in the sea, and drinking sea water, is far preferable to any thing else.

WASTING

WASTING AWAY OF CHILDREN; take salt of tartar, nitre and arcanum duplicatum, of each a quarter of an ounce; sal armoniac three drachms; mix them together; a very little of this must be put into the child's drink, as to his age.

WHITE SWELLINGS OF THE JOINTS; anoint the part with barbadoes tar, before a good fire, two or three times in a day, covering it with a bladder, and drink half a pint of sea-water every morning fasting.

1. WARTS; may be removed by rubbing them with the juice of celandine, or milk of spurge; but when they are situated about the eye-lids, to prevent hurting the eyes, it is proper to surround the wart with a ring of wax, or a piece of plaister with a hole in the middle, so that the wart may come through, by which means the warts will be destroyed, without hurting any other part.

2. WARTS; rub them with house leek and celendine twice a day for a week, and they will go away.

WHITLOES; apply treacle, or honey and flour, or a poultice of chew'd bread once a day.

GREEN WOUNDS; dress them every day with yellow basilicon spread on fine lint.

LEPROSY; take sharp pointed dock roots half a pound; monks rhubarb a quarter of a pound; stick liquorice and coriander seeds, of each half an ounce; boil them in a gallon of spring water till it comes to three quarts, and to the strained liquor add two ounces of diaphoretic antimony.

The

The dose is a pint every morning and evening.
Or take twenty drops of the antimonial wine three
times a day.

Dr. JAMES JURIN's *Account of the
Effects of SOAP-LYE, taken internally
for the Stone; written by himself.*

FOR some years past I have been incommoded with gravel of the common red sort, but by taking from time to time a decoction of the purging waters with manna and Glauber's salt, I generally got rid of it pretty easily, it not being often so large as to occasion any considerable pain.

But having neglected to take this medicine for about a twelvemonth, or somewhat more, about *Christmas* 1740, I was seized with a severe nephritick fit, accompanied, as usual, with frequent vomiting. This held me for three or four days, when the stone having passed the ureter into the bladder, the vomiting and pain ceased; and a day or two after, upon taking my usual purge, I voided a rugged, red stone, of the size of a small pea.

I now thought the affair was over, and went about my business as usual. But in the months of *January* and *February* following, I was troubled with an unusual frequent provocation to make water, especially when abroad in the cold. This led me to reflect, that the stone I had voided, was hardly big enough to occasion so severe a fit as I had suffered the *Christmas* before, and made me suspect, that, besides that small stone, a larger might have passed the ureter at the same time, and might now be in the bladder.

And

And in this suspicion I was farther confirmed, upon finding towards the latter end of *February*, that my urine would sometimes be suddenly stopped, while it was coming away in a full stream, and that this stoppage was accompanied with an uneasy sensation at the neck of the bladder, as if a stone had presented itself there, but was too big to pass. Another remark I made was, that for almost two months I had not voided any gravel, contrary to my usual custom for some years past; and this made me think, that the fabulous particles of my urine, from which the gravel had been usually formed, were now all bestowed in increasing the bulk of a stone by a constant accretion. The apprehension of this, and that the stone would in a while become too big for being voided at all, put me upon using all the lenient means I could think of for getting rid of it, but without effect.

While I was in this condition, I had occasion to go about fourteen miles out of town, about the beginning of *March*, and upon driving very fast, and some part of the way happening to be a little rough, I felt a considerable pain about the neck of the bladder, which gradually increasing upon me, with a violent provocation to make water, upon getting out of the coach, I found I made bloody water to such a degree, that it looked as if it were almost all blood; and this happened to me several times before I got to my journey's end, the last part of which I was obliged to perform on foot, not being able to bear the coach any longer.

After staying two or three hours, and having taken a basin of water-gruel with honey dissolved in it, I set out on my return home; and by walking some miles of the roughest part of the way, I got to town with somewhat less pain than I had felt in going, tho' not without several times making
bloody

bloody water : But when I came upon the stones, I could not bear the motion of the coach, by reason of the excessive pain it occasioned, and was therefore obliged to get out and walk home ; which I did in great pain, tho' much less than in the coach.

From this time I could not bear the motion of my own chariot upon the stones, tho' not an uneasy one, being hung with the common springs, without great pain, and making bloody water, if I went any thing more than a foot-pace : nor could I walk to any considerable distance without the same complaints, having sometimes made bloody water upon walking only half a mile, and that very gently. This I ascribed to the effects of my journey, in which the coat of the bladder having been much fretted and wounded by the stone, it was thereby render'd susceptible of injury from such motion as had not before given me any inconvenience. And that this was the true reason, seemed to be confirmed from my bearing the slow motion of the chariot pretty well, when I first set out in a morning, and my growing by degrees more and more uneasy the longer I used it ; as likewise from my not failing to make bloody water in case I used it again in the afternoon ; so that in the afternoons I was obliged either to walk, which I could only do very gently, and for a little way, or else to make use of a chair.

Being now fully persuaded, as well from what has been above related, as from several other circumstances, that I had a stone in my bladder, and that too big to get rid of by ordinary means, I began seriously to consider what course I should take to avoid being cut.

Mrs. Stephens's medicines, I was sensible, had given great relief to many persons in my condition,
and

and some numbers had, to appearance, been cured by them: But, on the other hand, I considered, that of those who had died and been opened, after they were reported to be cured by taking her medicines, there had not been one, but what had a stone or stones found in the bladder. To this I added, that the number of those, who had taken those medicines ineffectually, was very great: and it fell in my way to be informed of not a few instances of such, as after taken them for many months together without any benefit, had submitted to be cut, rather than go on any longer with a medicine so extremely nauseous, and which had greatly increased their pains without bringing any thing away.

These considerations, joined to the knowledge I had of the weakness of my own stomach, which could ill bear any nauseous medicines, especially in large quantities, and often repeated, made me turn my thoughts to the Lixivium, or Lye, of which soap is made, by boiling it with oil or fat.

This Lixivium, I knew, had, notwithstanding its caustick quality, been taken without inconvenience by several persons; and tho' the good effects of it, which had come to my knowledge, were not very considerable, yet that, I thought, might be owing to the smallness of the dose it had been given in. And from a careful perusal and consideration of the experiments made by my ingenious and learned friend, to whom the world is so much indebted upon this and many other accounts, the Rev. Dr. *Stephen Hales*, I was greatly inclined to think, that the virtue of the soap resided principally in the lye from which it was made; and that the efficacy of the lye for dissolving the stone, was rendered less, as well as the medicine was made

made much more nauseous, by the addition of oil or fat to make it into soap.

But an experiment, which came a little nearer to my own case, determined me to make use of this medicine. I mixed a tea spoonful of the Lixivium, with about two ounces of river water, and by a cold infusion in this mixture, the stone I had voided about *Christmas*, was dissolved in two days.

Resolving therefore to enter into a course of this medicine, I began it upon the 6th or 7th of *March* 1740, for I kept no journal, and continued it constantly for above six months, when by the blessing of God, I found myself perfectly cured. But in order to make this relation as useful as I can, I shall particularly describe.

I. The sort of Lixivium I used.

II. The dose.

III. The vehicle I took it in.

IV. The regimen I observed.

V. The observations I made during the use of it, and the success.

I. The Lixivium, or Lye, which I at first made use of, was what is commonly called, the capital soap lees, of a due strength for making soap, which is about one sixth part specifically heavier than river water; of this I took in all about six ounces. What I afterwards took and constantly kept to, was the Lixivium of the first running. This is much stronger both of the lime and pot-ash, than the capital soap lees, it being, when clear, above one fifth part specifically heavier than river water; and if it be taken up before it be settled, as was done for me, is so full of lime as to look milky: but after standing some time, most of the lime falls
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to the bottom in a large sediment, leaving the liquor clear. This I always shook up when I used it, so as to take the liquor white and turbid; which I did from an opinion that the virtue of the medicine lay principally in the lime, it appearing from *Dr. Hales's* experiments, as well as from some since made by myself, that a strong lime water alone will dissolve the stone out of the bladder, whereas a lye from the pot-ash alone does nothing towards it. Nor do I think it unlikely, that quick lime alone taken in a proper vehicle, may dissolve the stone in the bladder without other assistance.

II. The dose I at first took was twenty drops twice a day, from which, finding no inconvenience to my stomach or bowels, on the second day I took the same dose three times: I then proceeded, by adding every day ten drops to each dose, to take thirty, forty, fifty, sixty drops, three times a day. I then gave over dropping the Lixivium, and took a tea-spoonful three times a day, in a vehicle somewhat larger than before; then the same quantity four times a day; and soon after I came to take two tea-spoonfuls at a dose, twice a day, and one at a dose two other times a day, to which quantity I arrived before the end of *March*, and continued for above five months: but now and then I went farther, taking seven, eight, nine tea-spoonfuls in a day, sometimes by taking the medicine oftener, and sometimes by taking three tea-spoonfuls for one dose. The tea-spoon I used, held 114 drops of the Lixivium from a small vial; and as I poured into the tea-spoon till it ran over, each tea-spoonful was at least 120 drops; so that I took usually 720 drops in the day, and sometimes 840, 960, or 1080. But as this is a very uncertain way of measuring, because a drop of any

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liquor

liquor is larger or smaller in proportion to the surface it hangs by, it may be of more use to observe, that an ounce Troy of the Lixivium, thick and milky as I took it, makes nearly six tea-spoonfulls and an half; so that I usually took about an ounce Troy each day, and sometimes an ounce and a quarter, or an ounce and an half.

As for the times of taking the medicine, I could by no means be regular, on account of my business; and therefore took the largest doses at my dinner and supper, one of the smaller ones at breakfast, and the rest at such times as I happened to be at home.

III. The vehicles I used, were of various kinds; in the morning sometimes milk and tea sweetned with honey, balsamick syrup, or sugar; sometimes milk and lime water sweetned in the same manner: in the afternoon sometimes the same liquors as in the morning, sometimes lime water and honey, with a glass of sack, which made it sit better on my stomach, and sometimes small beer only. What I used at dinner and supper was a mixture of small beer and common sweet ale from the ale-house. Into a glass holding about three quarters of a pint, I put my dose of two, or sometimes three tea-spoonfuls of lye; then filled the glass with about equal parts of the two liquors, and after the first draught, which was disagreeable enough, I added more small beer and ale, which made the second and third draught no way offensive.

IV. The regimen I observed, was only to abstain from every thing that could be suspected of lessening the efficacy of my medicine, which being highly alkaline, I forbore all vinegar, fruit and wine, except now and then one glass of sack or other sweet wine, which I was sometimes obliged to take with the lime water and honey in an
afternoon

afternoon as above-mentioned. In all other things I observed no regimen, living upon common food of all kinds, and for exercise, my business gave me as much and more than I could well bear.

V. During this course,

1. The first observation I made was, that the provocations to make water were more frequent and pressing than before, as also that I had more pain in making it, and especially after it was made; but this I bore with patience, it being naturally to be expected from so sharp a medicine coming into a bladder fretted and wounded by the stone, as mine was by the constant use of the chariot. To obviate this as well as I could, I made use of all the springs that have been invented, both within and without the chariot, notwithstanding all which, I could only go a foot-pace upon the stones, and could hardly ever use it twice a day, without making bloody water.

2. My second observation, which gave me great comfort amidst the pains I endured, and which from the beginning of the course I had constantly attended to and waited for, was that upon my coming to take three or four tea-spoonfuls of the lye in a day; my water did not at all furr the chamber pot, as usual, how long soever it was suffered to stand therein. This made me not only conclude, that I was safe from any farther increase of the stone, but also gave me hopes that it was now beginning to dissolve. For it was reasonable to think, that whatever could prevent the fabulous matter from precipitating and concreting in the chamber pot when the water was cold, must not only hinder its doing so while warm within the bladder, but must also be acting upon the stone

towards a dissolution. This observation therefore I would particularly recommend to all persons, who shall enter into a like course.

3. Soon after, I had the pleasure of observing an oleaginous coloured film upon the surface of the urine, after it had stood some hours, and likewise a calcarious sediment in pretty large quantity at the bottom. This had the appearance of a confirmation of Dr. *Hales's* hypothesis, that the particles of the lime and pot-ash dissolve the stone by licking off that oily substance, which is the band of union to the fabulous particles, I flattering myself with the imagination, that the oleaginous film arose from that oily substance, which had before bound the particles of the stone together; and that the calcarious sediment consisted partly of those particles now loosened from the surface of the stone, and partly of the particles of the lime which, upon the water's cooling, might have separated from the oleaginous particles, which composed the film, just as the particles of the ochre separate from those which compose the coloured oleaginous film, in *Tunbridge* and other chalybeate waters, upon standing some time exposed to the open air. But here it is to be observed, that lime water alone, upon standing exposed to the air, will contract such a coloured film upon the surface.

4. The next observation I made was, that my urine would sometimes be whitish and turbid when first made, especially what was discharged three or four hours after taking my largest dose: and this urine deposited a calcarious sediment in larger quantity, and the oleaginous film upon the surface was thicker than before. This gave me great hopes

hopes of being speedily rid of my complaint. For I had great reason to think, that I had no stone in the bladder but what had passed the ureter about *Christmas*; and consequently could have had little more than two months growth in the bladder, before I began with my medicine: forasmuch as the only nepritick fit I had had, was that about *Christmas*, and I could be pretty sure I had no stone in the bladder before that time, as having been obliged to take frequent journeys out of town the latter end of the year, when I had drove very fast in a rough hung chariot, such as are usually kept for hire, without suffering any pain or inconvenience. So that if the stone were but a little wasted, there was reason to think it would be rendred small enough to pass the urethra.

5. About the latter end of *June* I grew sensibly easier, and from the beginning of *July* I felt no pain, tho' I had as yet voided no flakes, nor bits of stone, nor any thing more than the calcarious matter abovementioned. I could now not only go about in my own chariot, but did once or twice go in another much less easy, without pain or bloody water.

6. On the tenth of *July* I voided a small, smooth stone, nearly of the shape and size of an oat, which came away so imperceptibly, that had I not at that time made use of a chamber pot, I should not have known that I had voided it. This stone was of a reddish colour, but paler than the gravel I had formerly been used to void: its surface was very smooth, and was penetrated with small roundish holes, much like those made in books or in wood when worm eaten.

On the 21st of the same month I voided a second stone, shorter, but of more than twice the diameter of the former; in colour, smoothness of surface, and perforations, like the other. This I plainly perceived, when it was passing, but with little or no pain.

August the 6th I voided a third stone, somewhat less than the second, but like it in all other respects. And about the beginning of *September* I passed another much smaller, about the size of a corking pin's head.

Each of these stones was dissolved in two or three days by a cold infusion in strong lime water.

Some time after voiding the last of these stones, as I now thought myself quite well, being able to bear a hackney coach, or the roughest hired chariot, upon the stones, or to walk three or four miles and sometimes more without the least inconvenience, I began to abate of the quantity of my medicine, coming from six or more, to four, afterwards to three, and then to two tea-spoonfuls in a day. Now also I drank red wine moderately, and eat fruit, and used vinegar as before my illness: and for the greatest part of *October* and *November* I forbore any use of the medicine, when I found my urine again furr'd the chamber pot, and I sometimes voided a little small gravel, as I had formerly been accustomed.

But in *December* last, upon using a very rough chariot for some days, while my own was repairing, I had a little return of my former complaints, upon which I returned to the use of the Lixivium, taking about three tea-spoonfuls, or about half an ounce in a day, and having done this for about a week, I voided a small rough, reddish stone, and then was perfectly easy. Since which, I continue

to take two tea-spoonfuls in a day, in small beer and ale, or small beer with a glass of sack or sweet mountain, which quantity I find pretty generally keeps my urine from furring the chamber pot, and therefore I hope may be sufficient to prevent the generation of fresh gravel, either in the kidneys or in the bladder.

From the severity of the pains I had undergone, and the smoothness of the three stones I voided in *July* and *August*, I make no doubt but they had once been much larger. Nor is it improbable, that I might have voided several others, besides what are above-mentioned. For as some of those came away insensibly, and others with no more pain than what I often had in making water only, it is not likely that all should come away when I used a chamber pot, and none at other times, especially as I was usually absent from home for great part of the day.

But whether those I voided, had originally been distinct stones, or parts of one larger stone, cannot easily be determined; though I must needs say, I incline to the latter opinion: and it is not difficult to conceive, how the medicated urine, after eating out the more soluble parts of a stone answering to the perforations above-mentioned, might afterwards corrode the partitions between those perforations, and thereby reduce a large stone into several smaller: and then the edges and thinner parts of these being dissolved, while the thicker parts were less wasted, they might easily be brought to the form they were voided in.

I shall not pretend to make any deductions from this case, as it is a single one, and not yet corroborated by any other. But possibly this plain relation of matter of fact, may give encouragement

to physicians to make farther trial of the medicine, and I heartily wish the like happy success to all those who shall hereafter have occasion to make use of it.



The History of Mrs. STEVENS's Medi-
cines for the Stone and Gravel, with
her Receipt by the celebrated Dr.
 D'ESCHERNY.

THE terrible pains, and agonies persons afflicted with the stone or gravel suffer, exceed those of any other distemper whatever, not excepting the gout itself. Every one therefore, who makes use of all the means he knows of to cure this once thought unconquerable malady, and points out the way to relieve the misery of patients that are tormented with it, deserves all the attention so weighty a matter requires.

Many have been the attempts of very great men in all ages towards finding out a dissolvent for the stone; but till the almighty thought fit to make use of Mrs. *Stephens*, the medicines prescribed to give relief to this grievous complaint, have been found very insufficient for this purpose, and was I to enumerate them and their qualities, it would take too much time because of their number, could be but of little service, and consequently might perhaps be judged only ostentation in me.

What confirms this want of proper remedies, is the act that the high court of parliament passed in 1739, in consequence of what was represented to them in relation to Mrs. *Stephens's* preparation; which

which was said to have the power of dissolving the stone in the bladder and kidneys. One hundred and fifty-five cases were produced to confirm this. And in order that physicians might have improvements upon it, a reward of five thousand pounds was resolved to be given to Mrs. *Stephens*, for the discovery of her secret, which was to be published before her receiving this sum, that there might be a sufficient time for every body all over the world to examine its virtue, and safety; and accordingly it was published in all the news papers in *July* 1739.

The ORIGINAL RECEIPT of Mrs. STEVENS's Medicines for the Stone.

It consists of a Powder, a Decoction, and Pills.

The Powder is thus prepared.

TAKE hens egg-shells well drained from the whites, dry and clean; crush them small with the hand, and fill a crucible of the twelfth size (which contains nearly three pints) with them lightly; place it in the fire and cover it with a tile; then heap coals over it, that it may be in the midst of a very strong clear fire, till the egg-shells be calcined to a greyish white, and acquire an acrid, salt taste: this will take eight hours at least. After they are thus calcined, put them into a dry clean earthen pan, which must not be above three parts full, that there may be room for the swelling

swelling of the egg-shells in flaking. Let the pan stand uncovered in a dry room for two months, and no longer. In this time the egg-shells will become of a milder taste, and that part which is sufficiently calcined will fall into a powder of such a fineness, as to pass thro' a common hair-sieve; which is to be done accordingly.

In like manner.

Take garden-snails with their shells, cleaned from the dirt; fill a crucible of the same size with them whole; cover it, and place it in a fire as before, till the snails have done smoaking, which will be in about an hour, taking care that they do not continue in the fire after that. They are then to be taken out of the crucible, and immediately rubbed in a mortar to a fine powder, which ought to be of a very dark-grey colour.

Note, if pit-coal be made use of, it will be proper, in order that the fire may the sooner burn clear on the top, that large cinders, and not fresh coals, be placed on the tiles which cover the crucibles.

These powders being thus prepared, take the egg-shell powder of six crucibles, and the snail powder of one; mix them together, rub them in a mortar, and pass them thro' a cypress-sieve. This mixture is immediately to be put up into bottles, which must be close stopped, and kept in a dry place for use. I have generally added a small quantity of swines-crests burnt to a blackness, and rubbed fine, but this was only with a view to disguise it.

The egg-shells may be prepared at any time of the year; but it is best to do them in summer. The snails ought only to be prepared in *May,*
June,

June, July, and August; and I esteem those best that are done in the first of these months.

The Decoction is thus prepared.

Take four ounces and an half of the best alicant-soap, beat it in a mortar, with a large spoonful of swines-creffes burnt to a blackness, and as much honey as will make the whole of the consistence of paste; let this be formed into a ball. Take this ball, and green chamomile or chamomile flowers, sweet fennel, parsley and burdock-leaves, of each one ounce; when there are not greens take the same quantities of roots; cut the herbs or roots, slice the ball, and boil them in two quarts of soft water half an hour; then strain it off, and sweeten it with honey.

The Pills are thus prepared.

Take equal quantities, by measure, of snails calcined as before; of wild carrots-seeds, burdock-seeds, ashen-keys, hips and haws, all burnt to blackness, or, which is the same thing, till they have done smoaking; mix them together, rub them in a mortar, and pass them thro' a cypress-sieve; then take a large spoonful of this mixture, and four ounces of the best alicant soap, and beat them in a mortar, with as much honey as will make the whole of a proper consistence for pills, sixty of which are to be made of every ounce of the composition. When there is a stone in the bladder or kidneys, the powder is to be taken three times a day, viz. in a morning after breakfast, in the afternoon about five or six, and at going to bed. The dose is a dram avoirdupois, or fifty-six grains, which is to be mixed in a large tea-

tea-cup full of white wine, cyder, or small punch; and half a pint of the decoction is to be drank, either cold or milk warm, after every dose.

These medicines do frequently cause much pain at first, in which case it is proper to give an opiate, and repeat it as often as there is occasion.

If the person be costive during the use of them, let him take as much lenitive electuary, or other laxative medicine, as may be sufficient to remove that complaint, but not more; for it must be a principal care at all times to prevent a looseness, which would carry off the medicines; and if this does happen, it will be proper to encrease the quantity of the powder, which is astringent, or lessen that of the decoction, which is laxative, or take some other suitable means by the advice of physicians.

During the use of these medicines, the person ought to abstain from salt meats, red wines, and milk, drink few liquids, and use little exercise, that so the urine may be the more strongly impregnated with the medicines, and the longer retained in the bladder.

If the stomach will not bear the decoction, a sixth part of the ball made into pills must be taken after every dose of the powder.

Where the person is aged, of a weak constitution, or much reduced by loss of appetite, or pain, the powder must have a greater proportion of the calcined snails than according to the foregoing direction; and this proportion may be increased suitable to the nature of the case, till there be equal parts of the two ingredients. The quantity also of both powder and decoction may be lessened for the same reasons. But as soon as the person can bear it, he should take them in the above proportion and quantities.

Instead

Instead of the herbs and roots above mentioned, I have sometimes used others as mallows, marsh-mallows, yarrow both red and white, dandelion, water-cresses, and horse radish root; but do not know of any material difference.

This is my manner of giving the powder and decoction. As to the pills, their chief use is in fits of the gravel, attended with pain in the back, and vomiting, and in suppression of urine, from a stoppage in the ureters. In these cases, the person is to take five pills every hour, day and night, when awake, till the complaints be removed. They will also prevent the formation of gravel, and gravel-stones, in constitutions subject to breed them, if ten or fifteen be taken every day. *Thus far the receipt.*

N. B. Great care should be taken to have these medicines rightly compared, by persons well known to understand their nature, for fear of great mischief, or missing the cure.

FRIERS BALSAM; take balsam of peru two ounces, storax calamites four ounces, gum benjamin six ounces, angelica root, flowers of St. John's wort, socotorine aloes and frankincense of each an ounce, rectified spirit of wine a quart. Digest together till the gums are dissolved; then strain it off. The dose is sixty drops on a lump of sugar, or in a glass of wine. If you apply it outwardly, it should be dropt on lint.

VIPER BROTH; take a dried viper, skinned, &c. put it into a sauce-pan with a quart of water, boil it gently to a pint and an half, let it stand till cold, and if there is any fat on the top take it off. Then take a chicken, draw and strip it of its skin and fat, put it into the liquor, and keep it on the
M fire

fire till it boils; then take it out and cut it to pieces, put it again on the fire, let it boil a few minutes, take off the scum, and pour it off.

OPODELDOCH; take spirits of wine a quart, castile soap three ounces, camphire an ounce, oils of origanum, rosemary and lavender, of each two drams. Shave out the soap very fine, and dissolve it in the spirits of wine before a very gentle fire, then add the camphire, and as soon as that is dissolved, the chymical oils.

GREEN PEASE FOR ISSUES; take verdigrease and white hellebore of each half an ounce, spanish flies fifteen grains, orrice root a scruple, bees wax a dram and an half, venice turpentine enough to make it into pease. Melt the bees wax and turpentine together, then stir in the other ingredients in fine powder. Rowl them into pease whilst the mass is warm.

BENNET PILLS; take socotorine aloes two drams, senna in powder one dram, assafetida, galbanum and myrrh of each half a dram, salt of steel three drams, saffron and mace of each fifteen grains, oil of amber twenty drops, syrup enough to make it into a mass; out of every dram of which make twelve pills. The dose is three or four night and morning, three or four times a week, washing down each dose with a draught of rue or centaury tea.

STOMACH PILLS; take species of hiera picra half an ounce, ginger two drams, salt of wormwood a dram, extract of gentian two scruples, elixir of propriety enough to make a mass. Ten pills are to be made out of every dram, four of which

which may be taken twice a day, with a glass of simple pepper-mint water, or chamomile flower tea.

THE DUKE OF PORTLAND'S GOUT POWDER; take roots of birthwort, gentian, tops of germander, ground pine and centaury, of each equal parts, dry and powder them together. Take one dram every morning in a little wine and water, fasting an hour and an half after it. Continue it thus three months; three months more take two scruples in the same manner; the next half year half a dram will be a sufficient dose; and after the first year half a dram will be sufficient every other morning. In the rheumatism, if it is not habitual, a few doses will be sufficient.

SYRUP OF BUCKTHORN; take a quantity of buckthorn berries, put them into a pan with a little water to prevent their burning, and send them to the oven at night, when the fire is taken out, to remain there till the next morning. Press out the juice, and to every gallon of it add three ounces of winter's bark in powder, and tied up loosely in a rag, and eight pounds of coarse sugar, boil it till it comes to the consistence of a syrup, continually scumming it. The dose is to an ounce or more.

PURGING SYRUP FOR CHILDREN; take sena two ounces, rhubarb sliced one ounce, sweet fennel seeds bruised half an ounce, water three pints, boil it half an hour, then cover it down close till it is cold, strain it off, and add brown sugar three pounds, boil it to the consistence of a syrup. The dose is from one tea-spoonful to two large spoonfuls.

M 2

TINCTURE

TINCTURE OF BARK; take peruvian bark in powder two ounces, orange peel sliced an ounce and an half, snake-root bruised three drams, saffron four scruples, cochineal two scruples, french brandy a pint and a quarter. Let them infuse six or seven days, then strain it off, and filtre it through paper. The dose is from one dram to half an ounce, every fifth, sixth, or eighth hour.

TINCTURE OF HIERA PICRA; take socotorine aloes six drams, rhubarb, snake-root, galangal, zedoary, and saffron, of each half a dram, white wine a pint. Infuse them for ten days. The dose is four or five spoonfuls at bed-time twice a week. To which if you add a large spoonful of syrup of buckthorn, and a tea-spoonful of spirit of lavender, you have an excellent purge for lethargic and apoplectic constitutions. It should then be taken in the morning. When taken by itself it is a warm useful purge, especially for females, and operates very gently.

OINTMENT OF MARSHMALLOWS; take half a pound of marshmallow roots; of linseeds and fœnugreek-seeds, each three ounces; bruise them, and boil them half an hour gently in a quart of water: then add two quarts of sweet oil, and boil them together till the water is quite wasted away; then strain off the oil, and add to it a pound of bees-wax, half a pound of yellow rosin, and two ounces of common turpentine; melt them together over a slow fire, and keep them stirring till the ointment is cold,

DAFFY'S ELIXIR; take raisins stoned four ounces, fenna three ounces, carraways-seeds bruised one ounce, steep these ingredients in a quart of brandy

brandy for three weeks or a month, then strain it off for use, and keep it in bottles close stopped.

TINGTURE OF RHUBARB; take of rhubarb sliced thin, one ounce; lesser cardamom seeds bruised, a quarter of an ounce; saffron, a dram; brandy, one pint: steep these ingredients together for three weeks or a month, then strain off the liquor for use.

N. B. Mountain wine may be used instead of the brandy.

AN ELIXIR AGAINST THE VENEREAL DISEASE; take balsam capivi one ounce; gum guaiacum two drams; oil of sassafras half a dram; rectified spirit of wine five ounces; digest together with some mixture of salt tartar for two or three days; and pour off what is fine for use; its dose is from six to thirty or forty drops, to be continued two or three times a day till the cure is perfected.

An Extract from the most celebrated Authors that have wrote on Inoculation, the Small-Pox; and also the best Method in the natural way.

THEY all advise not to inoculate children under two years old, for before that time they are exposed to many disorders, but all above that age may undergo the operation with more safety.

Inoculation may be performed at any time of the year; if in the summer the patient must be kept from the heat; and in the winter not to be too warm and close, for the fresh cool air and evacuations are of the greatest service.

Of the *preparation*, 1. To reduce those in good health to a lower state. 2. To raise them that are too low, and to discharge as far as can be all crudities and their effects; some begin a week or ten days before the operation; many inoculate first and then begin; but by all those who obtain good health, the following regimen must be complied with from the first day of preparation; which is to forbear eating all fish, flesh, broths, butter, (except in pye-crust) cheese, eggs, (except in pudding) pepper, all spices, and every thing else of an heating quality; abstain from all spirituous liquors, no malt liquors (except small beer) and that sparingly; wine, cyder, perry, for breakfast, they may have green tea made weak, coffee, chocolate, water-gruel, milk pottage, with dry bread or toast, ordinary cake, bread and honey, or dry bread and water only, this last is best; for dinner rice or apple puddings, light dumplings, plain or plumb-puddings, with the same of boiled flour and water, with a little vinegar sweetened with honey or sugar; sage, gruel, and all vegetables prepared or raw, except on physical days, then broths are allowed, and then must keep from eating all unprepared vegetables, and care must be taken not to over load their stomachs with this kind of food; their drink must be lemon and water, milk and water with a toast in it, during the *preparation*, to be taken at equal distances of time; three doses of the following powder made in pills, or mixed with a little syrup or jelly, at going to bed; of Glauber's salt one ounce (or more if not sufficient to procure six or seven stools) dissolved in thin water-gruel each morning: viz. calomel and compound powder of crabs claws, of each eight grains; of emetic tartar one eighth part of a grain, mix, and let the mixture be carefully performed. But

Dr.

Dr. *Dimsdale* often takes two grains of precipitated sulphur of antimony, instead of emetic tartar: some operators prescribe over night ten grains of calomel, and two grains of factitious cinabar, or *Æthiop's* mineral, well mixt together, made in two or three pills with a few crumbs of bread moistened, for by this method they are not so liable to touch the teeth or gums, which should be avoided; next morning take the Glauber's salts, after which drink freely of water gruel, green tea, or cheese whey, till six or eight stools are procured; after this rest a day or two; and then in the evening take another dose of the powder, and the next morning the salt as before, and so on till three doses of each has been taken; if the powder should be vomited up again directly when the sickness is over, the salts must be taken; if the powders should salivate (which rarely happens, but is known by the foreness of the gums, and the looseness of the teeth and spitting) half an ounce of flour of brimstone in a little warm milk, a few times, is a sure remedy; but those of the second class require a milder course of medicine, rather of the alterative, than purgative kind, and, in some cases, a light animal food, or a glass or two of wine, especially in advanced age, should be indulged; for infants, a drachm of manna dissolved in warm milk and water, for eight or ten days together, but if the child's wet nurse is prepared that is sufficient; children from one to five or six years old, take from one to two grains and an half of the powders prescribed; from six to ten, four grains; from ten to sixteen, six grains, according to their constitutions: but patients above sixty, six, or eight grains; but the state of the health should be enquired into, and the doses given in proportion.

Of the Operation; if the person is free from a fever a day after the last dose of salts, the patient must then undergo the operation, its better to be in the same house, and in the same room (for no ill consequence has been observed from it) with one who has the disorder near its height, from whom the matter is to be taken; if the person has had it by inoculation, the matter is to be taken on a point of a lancet from the place of insertion; if in the natural way, from any ripe pustule, so that both sides of the point may be moistened; with this lancet make two incisions, a small distance from each other, between the elbow and shoulder, deep enough to pass through scarf-skin, and touch the skin itself, about one eighth part of an inch long; then stretch open the incision between the finger and thumb; then moisten it with the infected matter, by gently wiping the flat side of the lancet upon it, apply neither bandage, plaister nor covering, there is no difference in time or certainty of infection; the progress, or the event, whether the matter be taken from the natural or inoculation small pox: if it be taken at or before the crisis, if no patient be at hand to take the matter from, a thread may be used as in the common manner; some dip the point of the lancet in the matter, then hold it in the air till its dry; after which keep it loose in the case for use; with this lancet they raise the scarf-skin obliquely, and keep the lancet a little time in motion between the two skins, that part of the matter may be mixed with the animal juices. The incision is to be left uncovered as mentioned before, for this is always of importance, for it enables us to form a true estimate of the event.

Of the progress; the effect of the operation is sometimes known in a few hours, by sharp pains
darting

darting up to the shoulder, a shivering, a red tumor on the arm, or a small rising where the matter was applied. In others there is little alteration for a day or two. If the incision is viewed with a lens on the second day, there generally appears an orange-coloured stain about it. If the stain be large, the eruption will be small; if small, a large eruption is expected, and the powders and salts are freely administered. But on this day Dr. *Dimsdale* usually gives the following medicine at bed-time, mixed with a little jelly, or rather made into a pill: take calomel and compound powder of crabs claws, of each three grains, emetic tartar one-tenth of a grain. A quantity of this medicine should be carefully prepared at once, to make the division more exact. On the fourth or fifth day an hardness is perceivable by the touch, the part itches, is slightly inflamed, and a clear fluid appears under a sort of bladder, like a superficial burn. About the sixth, a pain and stiffness is commonly felt in the arm-pit, which foretells the near approach of the eruptive symptoms, and is a favourable sign. On the seventh or eighth day, oftener on the last, those symptoms arrive; such as pains in the head and back, succeeded by shiverings and heats, by turns, which continue more or less, till the eruption is compleated. A disagreeable taste in the mouth is also common, the breath is fetid, and the smell badly altered. The inflammation in the arm spreads fast; the incisions appear, through a glass, surrounded with a vast number of small confluent pustules, which increase in size and extent. The feverish symptoms are for the most part so mild as rarely to require assistance, except a repetition of the same medicine, that was directed on the second night after the inoculation. On the next morning take infusion of senna two ounces, manna

half an ounce, tincture of jalap two drachms. These are given as soon as the eruptive symptoms are perceivable, if they seem to indicate any uncommon degree of vehemence. On the tenth or eleventh day, a circular or oval efflorescence surrounds the incision, sometimes extending near half round the arm, but oftener of the size of a shilling, smooth and not painful. This shews the whole affair to be over, and every disagreeable symptom ceases.

If the fore-mentioned appearances come early, they foretell a very favourable event. But in some few subjects the colour of the wound remains pale, the edges of it scarce rise at all, nor are itching and uneasy. Nay, sometimes on the fifth and even the sixth day, it may seem doubtful, whether the infection has taken place. This implies a late and untoward disease. The powder or pill last-mentioned is then to be taken each night, and, if it does not operate by stool, or the patient is at all costive, an ounce of Glauber's salts, or the laxative draught, prescribed in the preceding page, is given in the morning, once or twice, as the case may require. This course forwards the inflammation.

Instead of confining the patient when the symptoms of the eruptive fever come on, he is charged, as soon as the purge has operated, to keep abroad in the open air, be it ever so cold, as much as he can bear, and to drink cold water, if thirsty; always taking care to keep walking moderately while abroad. However hard this may seem to the patient, or singular to the reader, the effects are so salutary, and so constantly confirmed by experience, and an easy progress through the whole disease depends so much upon it, that no exception is allowed, unless the weather be excessively severe indeed.

indeed, and the constitution very delicate. This is so true, that in the few instances where the symptoms have run very high, the patients dreading motion and cold as the greatest evils, yet when they have been persuaded to rise and go out of doors, tho' perhaps led by two assistants, and have been suffered to drink as much cold water, as they chose, they have never found any ill consequence. On the contrary, their spirits revive, an appetite returns, they rest well, and a gentle sweat succeeds with a favourable eruption, and the fever seems wholly extinguished. In general, the complaints in this state are few; the patient eats and sleeps well; a few pustules appear, sometimes equally dispersed; and sometimes the inflammations on the arm spread, and are surrounded with a few pustules, which ripen gradually; the eruption proceeds kindly; and 'tis more difficult to prevent the patients from mixing with the public, than it was before to induce them to go abroad; medicine is seldom wanted; cool air is the best cordial; and if any uncommon languor happens, a basin of small broth, or a glass of wine, is allowed in the day, or a little white wine whey at bed-time; which indeed are at any time allowed to tender, aged, or weakly persons. With these exceptions, they are kept scrupulously to the regimen. But after the eruption is compleated, they are indulged, if there be occasion, with a little well-boiled chick, veal, or mutton.

Alarming symptoms and a large eruption are almost universally prevented by this method, and the generality of patients amuse themselves abroad, within proper limits, with the pustules out upon them. In fact, the most adventurous have the best spirits, and are freer from complaints than others who are inclined to keep within doors. They,

They, who have no eruption but on the inoculated part, soon go about their usual affairs, with a charge not to spread the distemper, and to take two or three times of the above purge of sena, manna and jalap, or of Glauber's salts. They who have more of it are confined longer, and, if at all costive, a mild laxative is now and then exhibited, by which maturation is rather forwarded than retarded.

Maturation being compleated, the patients gradually change their diet; but a return to animal food and fermented liquors is strictly recommended to all with much caution and restraint.

The incised part commonly heals up of itself with a scab. But if it continues to discharge matter, cover it with white cerate, or some other mild plaister, to defend it from the linen and air; giving gentle purgatives and mild alteratives as needful.

If the distemper be likely to fall heavy at first, the operators of *Kent* and *Sussex* depend upon the efficacy of the repellent pill, which is thus made: take ten grains of camphire pounded in a mortar with a few drops of spirit of wine, to which add twenty grains of the best socotorine aloes, and ten grains of kermes mineral: pound the ingredients well together, and make the mass into four pills, of ten grains each. One of these is given on the fourth or fifth night after inoculation, and the next morning salts sufficient to carry it off. If the patient is of a gross habit, he takes two more the sixth night, and sometimes the fourth pill a night or two after, with salts as before. But we must remark that, in this composition, some of the operators omit the aloes, and others give no salts after them. These pills are said to carry off the offending matter, and so to lessen the number
of

of pustules and prevent the confluence. They are given very successfully in the natural way, and are a valuable composition. But for inoculated patients, the powders and salts are generally sufficient for every purpose.

While the pock is breeding, if per-chance an high fever should arise, or be expected, the patient drinks what some call punch, thus made: boil a pint of oats in four pints of water till ready to burst; then strain off the liquor and add an ounce of salt-petre; make it palatable with sugar, or honey, and a little lemon juice or cream of tartar. Others, instead of the sugar and salt-petre, put three ounces of syrup of violets, and one ounce of stibiased nitre. Half a pint is first taken at going to bed, and afterwards as much as the patient pleases. This carries off the fever.

The patients are ordered to tie an handkerchief about their heads, and carefully to avoid catching cold when they take the powders; but, on the intermediate days, follow their work during the whole time. They are indeed cautioned not to exercise themselves till they sweat; for this is judged prejudicial, except only when the pock is just coming out.

Of irregular *symptoms*; sometimes, tho' rarely, great sickness, with vomiting, comes on during the eruptive state. The patient is then ordered to drink plentifully of warm liquids, to promote vomiting; or, if a full-grown person, to take one grain of emetic tartar, mixed with ten grains of compound powder of crabs claws. Care should be taken to lessen the dose for very young and weak subjects. This throws off bilious matter, procures stools or a moderate sweat, and generally gives relief. But if no stool follows, and the sickness remains, a gentle laxative almost certainly procures

a respite, and the eruption removes the complaint.

Sometimes a florid rash appears towards the time of eruption. If it comes only here and there in patches, it is not very alarming and soon wears off. But now and then the whole surface of the skin is covered, and it is intimately mixed with the variolous eruption, and may be easily mistaken for the greatest malignity. But in this variolous rash there is not so much fever, nor is the restlessness or pain of the head or loins so great, nor that general prostration of strength, which commonly attend the confluent small-pox with such putrid appearances. And there may sometimes, on a careful examination, be discerned a few distinct pustules larger than the rest, mixed with the rash, which are the real small-pox. These patients keep within, and drink nothing cold, but do not go to bed. If any sickness yet remains, a little white wine whey, or other moderate cordial, is advised, and prevents any alarming complaint. In two or three days the skin changes to a dusky colour, and a few distinct pustules remain and ripen properly without further trouble. These rashes frequently happen during preparation, and cause the operation to be postponed, but are apt to return at the time of the eruption.

The symptoms preceding the eruption usually commence on the seventh or eighth day, inclusive from the operation; yet often they come much sooner, and sometimes much later. The disease has happened so suddenly after infection, that the whole has ended, purges been taken, and the patient returned home well in a week's time. But then the inoculated part shews marks of infection the very next day, or the day after, when the incision often appears considerably inflamed and elevated.

elevated. The patient complains of chilliness, itchings, or small pricking pains in the part, and sometimes on the shoulder, giddiness or drowsiness, and a slight head-ach, sometimes with a feverish heat, but often without. Some feel as if they had drank too much, others as if they had caught a cold. These complaints seldom last twenty-four hours, have frequent remissions, and never require confinement. At the time of them the inflammation on the arm advances apace and feels hard; but, as they wear off, the inflamed appearances lessen; the part dries to a small scab; the skin turns livid, and the party is well. In some instances these symptoms attack much later, even on the seventh or eighth day, when an eruption might in consequence be expected, yet none appears; but the arm gets well very soon, and the disease is at an end. Many subjects of this sort have been inoculated a second time, and made to try all other means of catching the infection, yet without a single instance of its producing any disorder.

Sometimes the discolouration round the incision, instead of being florid, is pale and very little elevated. This does not promise kindly. Therefore the alterative pill is more frequently given, and, if it fails to operate by stool, a laxative is added: by which means the disease is forwarded.

Sometimes on the abatement of the fever and other symptoms, after the appearance of several pustules, and when the eruptive stage of the disease seems compleated, fresh eruptions come out, and continue so to do for four, five, or even six days successively, preceded sometimes by a slight pain in the head, but oftener without any. These are generally few, short-lived, and seldom ripen.

Sometimes after a slight eruption and abatement of symptoms, the disease has been prematurely

judged to be over, and the patients have returned home; yet considerable eruptions have happened afterwards. But this has always been owing to a too free and unguarded manner of living, or to violent exercise.

II. *Of the natural small-pox*; it has been remarked in general, that those who are kept warm, and nursed with most tenderness, fare worst in the small pox. This observation, of the truth of which I have had large experience, induced me to recommend the cool method of the excellent *Sydenham*, further enforced by the practice of the learned *Boerhaave*, as infinitely preferable to any other. For the variolous fever is the great point, upon the restraint of which the patient's life principally depends: and my endeavours should be, not to forward, but to prevent, as much as may be, any eruption. And this is the principle, upon which the new management proceeds: inasmuch that one of the patrons of it, a very diligent observer, candidly confesses that in this respect we shall be found to have improved but little upon the judicious *Sydenham's* cool method of treating the disease.

The new practice under inoculation is so very different from all former management, that the minds of many were very justly alarmed, and the most fatal consequences expected to ensue from it. Yet, on the contrary, the success of it has been amazing and almost incredible. The proofs of its utility and safety are irrefragable; being attested by many thousands, who have experienced the benefit of it. This consideration reasonably induced the benevolent Dr. *Dimdale* to try what effects the same sort of treatment, discreetly applied, might have upon the natural small-pox. And out of about forty patients, who have been managed in
this

this manner, under his own care and inspection, not one has died. His way is, to get the sick person into the open air, to give, generally, the mercurial and antimonial pill, and a laxative some hours after it, to procure three or four stools. This method has been particularly enjoined, and sometimes repeated, where the sort has appeared bad, and little relief has been found from the partial eruption; the symptoms continuing to be such as portended great danger. The same method has been followed during every part of the eruptive fever, with intention to abate its violence, check the eruption, and prevent the conflux, and consequently the danger. And the success has hitherto exceeded expectation.

Going into the open air very greatly abates the heat upon the whole surface of the skin, which, tho' before intensely hot, in a short time feels not much warmer than that of a person in health; the pulse becomes less hard and full; but is still quick and sometimes intermits, which, however alarming, is not a dangerous symptom. The pain in the head is always relieved by it, tho' that in the back and loins does not abate in proportion. The patients are sensible of the benefits of it, and generally think themselves stronger. On going within, the pain in the head grows worse, but is again relieved by returning into the open air.

The effects of the medicines are usually these: where much sickness at stomach has been, a vomiting frequently happens soon after the pill. This should be promoted by drinking plentifully of warm diluents; and, till the fatigue occasioned by it is over, the patient should not go abroad. By this, and the succeeding stools, the heat, thirst, sickness and pains are abated. The patients indeed are low and faint, but the most urgent symptoms

are alleviated, and the appetite mends. They are then allowed to drink thin mutton or chicken broth, milk pottage, or tea. And now sleep comes on, which they may take upon the bed, but must not go into it till night.

Hence it appears that the eruptive fever, and its symptoms, may be greatly mitigated by this practice, and the eruption is retarded; and the slower and later that comes out in the natural way, the milder the subsequent disorder is. But this is not all, for there is strong reason to believe that the number of pustules has been actually diminished by it, and those that remained have seemed larger and of a milder kind.

In that stage of the distemper, from the eruption to the maturation, when it has been heretofore usual to leave the whole business to nature, Dr. *Dimsdale* ventures to recommend the same medicine prescribed before: take calomel and compound powder of crabs claws, of each three grains, emetic tartar one-tenth of a grain. This is to be repeated at proper intervals till the maturation advances, when it must be discontinued. A cup-full of the following apozem should, if necessary, be now and then taken, after the mercurial medicine, often enough to procure three or four stools every day, especially if the patient be costive: take cream of tartar two drachms; manna one ounce: dissolve them in one quart of barley-water, or the pectoral drink.

How safe it may be to venture into the open air during this stage of the disease, he does not pretend to say; but that they will certainly be refreshed and invigorated by being kept out of bed as much as may be, without being over fatigued, and by fresh air let in sometimes through an open window. And the strength and spirits, wasted

wasted by the preceding fever, should now be recruited by thin mild broths or milk-pottage, as much as the stomach will take without offence, and, if need be, with medicines of a cordial and anodyne quality.

One medicine he particularly recommends in the stage of maturation, which has been found to abate heat and allay thirst, so as to afford a very pleasing refreshment: take of the weak spirit of vitriol one part, of the sweet spirit of vitriol two parts: mix. The quantity of half an ounce of this may be added to a quart, or three pints of barley-water, or the pectoral drink, or any other diluent, and to be drank at pleasure.

It appears from Dr. *Ruston's* essay on inoculation, that this management, in the inoculated small-pox particularly, nearly agrees with the *American* practice. And I am of his opinion, that the wonderful success of it is not to be imputed to any one circumstance, but that the cool regimen, the manner of communicating the infection, the fresh air, and the medicines, are all necessary to secure so favourable an issue in the practice of this disorder.

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